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Your essential daily news | WEDNESDAY, DECEMBER 16, 2015

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LIZ BEDDALL/METRO

'A GOOD START'

Metro follows one family's journey from war-torn Syria to the GTA metroNEWS

Schools failing to protect women

metro EXCLUSIVE

Co-ordination, data needed to combat issue nationwide

Michael Woods
Metro | Ottawa

A lack of co-ordination between Canadian colleges and universities has resulted in a "patchwork of services" to prevent and respond to campus sexual assaults, says a newly released document.

A federal briefing note also reveals wide gaps in campus assault data — and suggests the government may need to consider taking an American-style approach when it comes to reporting cases of sexual violence.

Status of Women Canada prepared a briefing note for then-minister Kellie Leitch in March after some high-profile incidents brought attention to the issue of sexual violence against women on campuses.

Metro obtained the document under the Access to Information Act.

One of the alleged incidents involved members of the University of Ottawa men's hockey team, which resulted in the program's suspension and two players being charged.

The note spells out some of the actions being taken across Canada, including public awareness campaigns and new policies. Status of Women Canada has funded dozens of initiatives on campuses across the country.

But it also says more co-ordination and better data are needed to get a better handle on the problem.

"There does not appear to be an overall co-ordinated focus of sexual violence prevention and response efforts, resulting in a patchwork of services on campuses across Canada," the document says.

The note also said there's a lack of comparable data about incidents of sexual violence on campuses, meaning the government may need to examine a legislative approach such as the Clery Act in the U.S., which requires American federally funded universities and colleges to share information about crime on campus.

> **"More could be done, particularly to encourage bystander intervention."**
> Briefing note from Status of Women Canada

Several provinces have developed or are developing sexual violence policies. Ontario's $41-million sexual assault action plan, for example, includes a requirement for colleges and universities to adopt a sexual assault policy and publicly report rates of sexual violence.

The note recommended three actions for Leitch, including hosting a roundtable on the subject and writing to 80 university presidents to encourage them to address the issue on their own campuses, and the need for a common framework for collecting and reporting data.

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metro NEWS

Your essential daily news

Global leaders die early, study says — but maybe not Trudeau. **World**

SMALL BUSINESS

Local brews to come out ahead in shops

Chris Bateman
For Metro | Toronto

Ontario craft brewers are toasting a decision by some supermarkets to give extra shelf space to local breweries.

On the same day Ontario launched the first beer sales outside the LCBO and Beer Store in roughly a century, Loblaws announced it was dedicating 50 percent of its displays to Ontario-made suds.

"It's huge for us," said Jeff Dornan, owner of the independent All or Nothing Brewhouse in Oshawa.

"The big thing is the fairness. Only six percent of all beer sales money actually stays in the province, and so for us it drives jobs ... it increases our ability to sell."

Other chains are considering going above Ontario's 20 per cent minimum, too.

Metro supermarkets hasn't made a final decision, but expects to exceed the mandated quota. Galleria supermarket on York Mills Road is leaning towards a 50-50 split, a manager said.

As of Tuesday, 58 stores in Ontario were authorized to sell bottle six packs and single cans of beer. Eventually, that number will increase to 450 stores, Premier Kathleen Wynne said.

John Hay, president of the Ontario Craft Brewers Association, hopes Loblaws' commitment to equal shelf space will inspire other retailers to go even further.

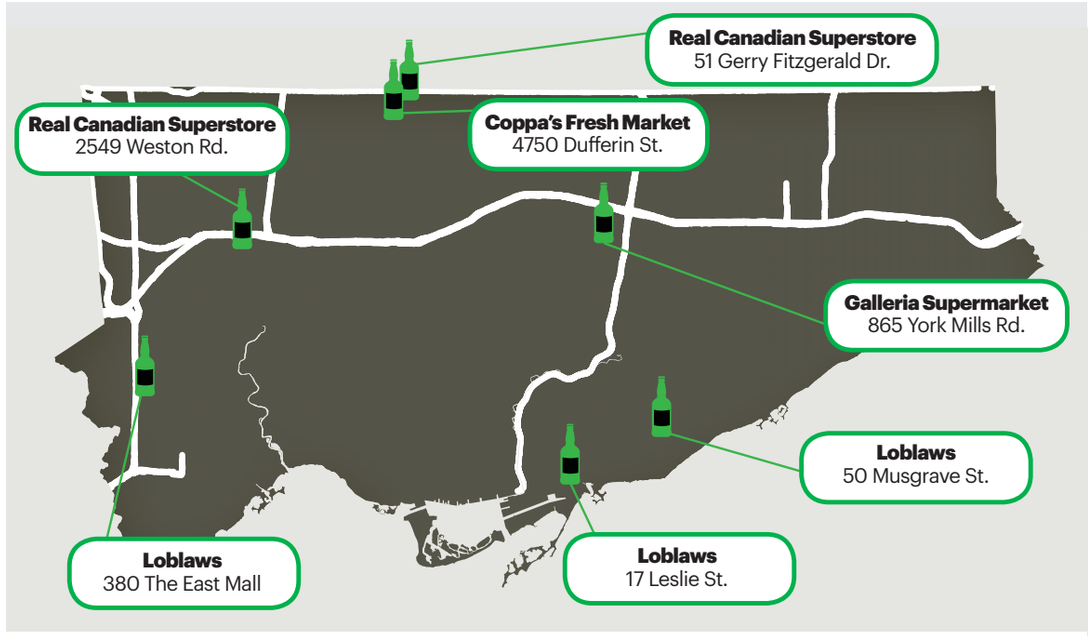
"Some of the independent stores have talked about very high percentages," he said.

Diversity of choice may be one of the reasons why supermarket chains appear to be keen to woo craft brewers, said David Martin, director of retail sales at Toronto-based Amsterdam Brewery.

"All the people we're talking to within the grocery network, they're very, very supporting of craft, because it allows them to offer a different product to the consumers," he said.

"Better choice is something any grocery store is going to strive to achieve."

Premier Kathleen Wynne selects the first six-pack of craft beer sold Tuesday. CHRIS BATEMAN/FOR METRO



The first seven grocery stores to be selling beer in Toronto. ILLUSTRATION: ANDRES PLANA/METRO

No beer downtown...

RETAIL

...just for now, but it's on the way

Jessica Smith Cross
Metro | Toronto

Buying beer at a local grocery store is a dream that remains just out of reach for downtowners and Scarboroughians.

As the provincial government officially announced the first 58 grocery stores that have licences to sell beer on Tuesday, one thing was obvious: People living in the core and city's eastern borough were left out in the cold, despite seven of the stores being situated in Toronto and 17 more in the GTA.

The province auctioned off the licences but the grocery chains themselves choose which stores would get suds.

"We established that there would be stores in the north, there would be stores in each part of the province, but in terms of exactly which stores and where they would be, the outlets made those decisions themselves," Premier Kathleen Wynne said.

The customer count at each of their stores was a determining factor for Loblaws, which has four licences for stores in the GTA, plus six for the chains' Real Canadian Superstores.

"We are definitely eager to expand to more locations, but with only 19 licences to start, we chose stores that would reach as many customers as we could," Loblaws spokeswoman Catherine Thomas said.

Proximity to LCBO and Beer Stores doesn't appear to have been a factor for many grocery chains, which chose stores in areas where plenty of booze is available.

Two of the licences auctioned off earlier this year are still being processed, spokesperson for the Ministry of Finance Scott Blodgett said.

Downtown and Scarborough are likely to get grocery store beer one day, but no one can say when. Blodgett said the ministry's goal is to expand beer sales to 450 grocery retailers by 2017.

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SYRIAN REFUGEES IN CANADA
A FAMILY'S JOURNEY

Tears during emotional welcome at Pearson

Jessica Smith Cross
Metro | Toronto

1 Markham residents Dayna and Gareth Callaway sponsored Tamador and her family, with the support of a group of friends.

2 Emotions run high at Pearson Airport, as Tamador's family arrives in Toronto.

3 Tamador's children arrive at Pearson Airport after a long flight from Turkey.

4 Mohinadin embraces his sister Tamador when she arrives in Canada.

PHOTOS: LIZ BEDDALL/ METRO

When Tamador and her five children arrived at Pearson airport this week from Syria, there was a crowd waiting for them.

It included Dayna and Gareth Callaway, the sponsors opening their Markham home to the refugees, Tamador's brother, who fled to Canada earlier this year with his own family, and a host of other people from support groups dedicated to offering help. Each will play a role in helping Tamador and her family rebuild their lives — something many thought might not be possible only a few months ago.

"She has three daughters and two sons," Mohinadin said as he waited in the arrivals wing Monday at Pearson. "She doesn't know anything about her husband. She thinks he was kidnapped by ISIS two and half years ago."

Shifting his weight from foot to foot, Mohinadin was constantly peeking around the heads of travellers as a he talked, looking for his sister, nieces and nephews.

Their family is from Aleppo, a centre of conflict in northern Syria, he explained through a translator. Mohinadin arrived in Canada with his own children six months ago and is committed to helping his sister get settled.

"First of all, I have to learn the language, and after that I can find a good job, and after that I can help them," he said. "Without language I am nothing."

Excitement about seeing his sister again washed over his face as he waited at the airport. But, it was difficult for him to explain what he was feeling. "It's my sister," he said simply, smiling.

The Callaways also waited at the gate. They decided to sponsor a Syrian family to make some good out of something horrible.

"The day after the Paris attacks occurred, we saw people being very afraid of Muslims and we weren't," Dayna explained. "And we decided to put our money where our mouths are."

With the help of four friends, they arranged to help Tamador only two weeks ago through a charity called Humanity First Canada. They called their group A Good Start.

They began raising money immediately and readying their Markham home for a second family.

The Callaways have six children, five of whom still live at home. Tamador, 36, and her five children — Rasha, 15, Zaineb, 13, Budur, 12, Muhammad, 11, and Ahmad, 8, — will join them in their full house for at least two months, perhaps longer, until the Callaways manage to find them an apartment nearby.

To make room, two of the Callaways' sons moved into a shared room, giving their guests the home's third floor. To get everyone together for meals, they planned to bring out an extra table that's normally reserved for Christmas dinner.

The two families' children are roughly the same ages and will go to school together. That will be a good arrangement, said Dayna, because each of the Syrian children will have "their own personal ambassador" to get them settled and meet new friends.

Getting everything in place proved a bigger job than expected. The Callaways were having a dinner party last Saturday when the phone rang and they received unexpected news — Tamador and her children would arrive in two days, far earlier than anyone had predicted.

They jumped into action — seeking out everything from beds to iPods and iPhones equipped with iTranslate, asking everyone they know for help along the way.

"My overwhelming feeling is just gratitude," Dayna said Monday, just hours before her guests were due to arrive. "Everyone banded together to make this happen."

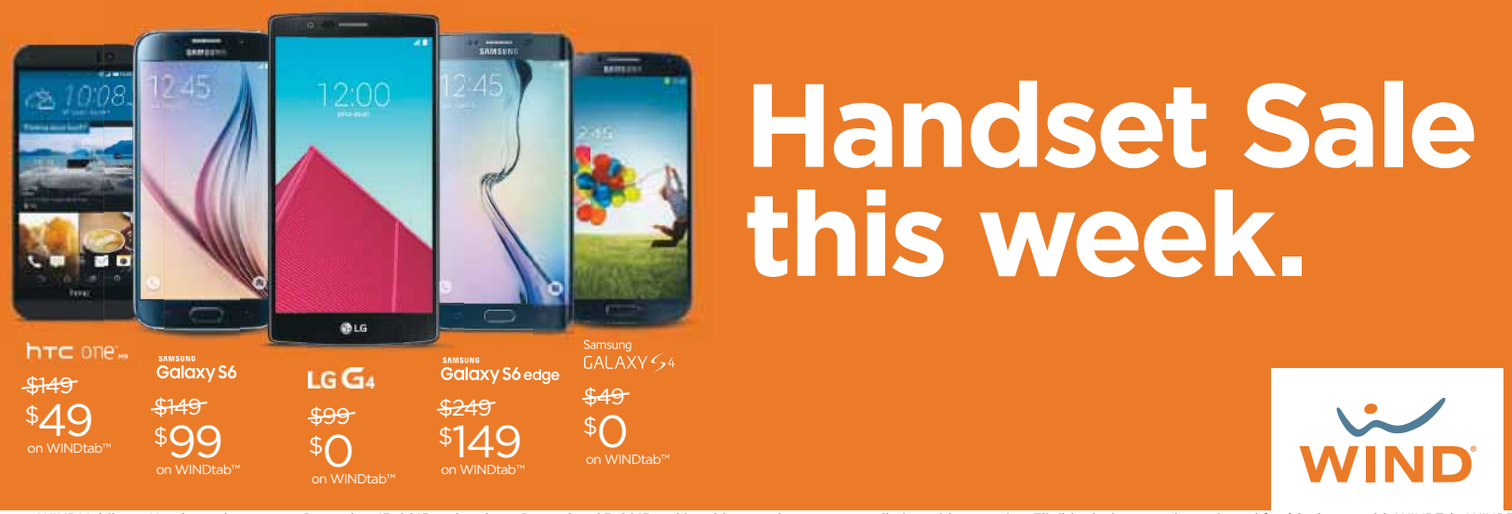
After hugs and tears at the airport, Tamador spoke briefly through a translator. She's thankful to be here, she said, a little hesitantly.

"It was a great welcome," she said. "The important thing is my children's future and education will be in Canada."

Metro is withholding last names for Mohinadin, Tamador and her children because of safety concerns for members of their family still in Syria.

THE SUPPORT NETWORK

As Tamador's family gets established in Canada, they'll have help from Ahmadiyya Muslim Jama'at's A Better Future campaign, which is sponsoring and supporting Syrians as they settle in Canada. Its associated charity, Humanity First, is a government sponsorship agreement holder and is facilitating Syrian refugee sponsorships. Learn more about the groups at ahmadiyya.ca/betterfuture and humanityfirst.ca.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Raffled restaurant has baggage

LABOUR

Workers filed complaints alleging unpaid wages

The owner of a German gastropub raffling off her Danforth Avenue restaurant is at the heart of several complaints to the Ministry of Labour and a peace bond with a former employee, restricting him from contacting her.

Ruthie Cummings made headlines in the fall when she announced the contest to raffle off her three-year-old restaurant, Das Gasthaus, for $150 a ticket so she could spend more time with her aging parents. It turns out the establishment is facing eight complaints filed with the Ministry of Labour since 2013.

Former chef Maximilien Corsillo — who filed one of those complaints — has been ordered not to come within 100 metres of Das Gasthaus and Cummings for one year and to continue to attend counselling at the Centre for Addiction and Mental Health and with a psychiatrist.

Restaurant owner Ruthie Cummings announced in the fall she was raffling off her three-year-old restaurant, Das Gasthaus, for $150 a ticket. STEVE RUSSELL/TORSTAR NEWS SERVICE

Charges of criminal harassment against Corsillo, 37, have been withdrawn, according to court documents. Corsillo told the Star he is relieved. Corsillo's lawyer, Wayne Cunningham, has declined to comment.

Former Das Gasthaus employees, including chefs, a bar manager and servers, filed the complaints with the Ministry of Labour about issues involving minimum wage, statutory deductions, holiday pay and being threatened or penalized in some way involving their pay, according to ministry spokeswoman Janet Deline.

In interviews with Torstar News Service, Cummings said the criminal case "was really scary." The labour complaints, which she says are par for the course when owning a restaurant, have been "quite expensive to deal with and very emotional," she said.

"Whatever has happened, good, bad, whatever — now it's about the business. It's about (someone) getting a really good deal and helping people pursue their dream. The bottom line is this is a great opportunity."

Deena Ladd, co-ordinator at the Workers Action Centre, which advocates for non-union workers, called the number of complaints about Das Gasthaus "significant for a small restaurant."

Cummings initially announced the contest in September. A few days later, she was back in the news when the site she chose to host the raffle said it would not host it because it did not meet their terms and conditions.

Now, with a new online host, the tickets are back on sale until Christmas Eve, Cummings said, adding she plans to draw a winner Dec. 30. Cummings said she is selling only 4,000 tickets, to bring in about $600,000. About 500 tickets have been sold to date, she said.

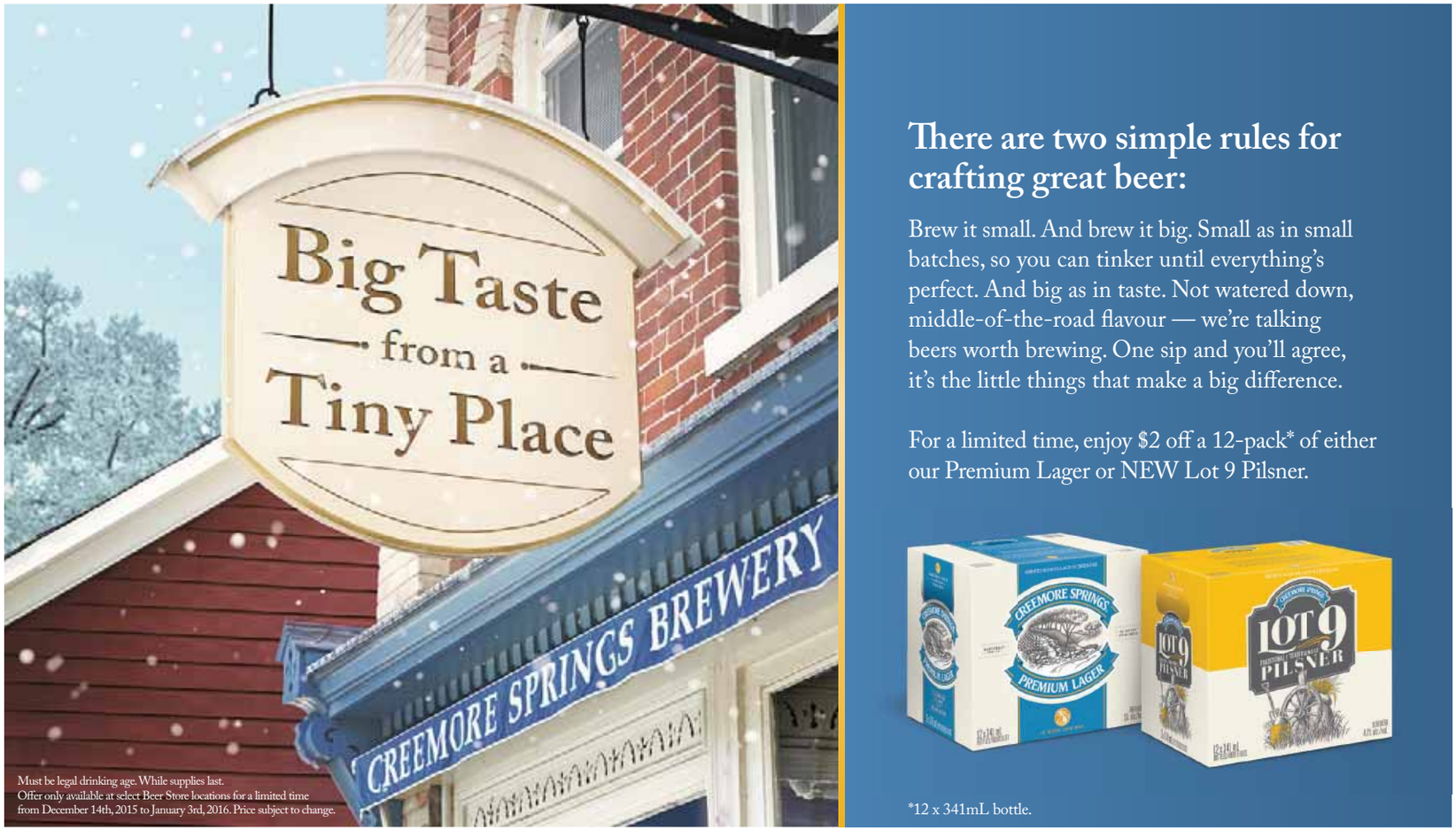
Sara Kuz, a former Das Gasthaus bar manager, filed a complaint in December 2013, alleging Cummings owed her a few weeks' salary after a final paycheque bounced and Cummings failed to give her holiday pay.

Shortly after she left, two other employees stopped working there, too.

Cummings told the Star there were indeed issues with how much money Kuz and others got paid, so she settled with them as quickly as possible.

TORSTAR NEWS SERVICE

> **The bottom line is this is a great opportunity.**
> Ruthie Cummings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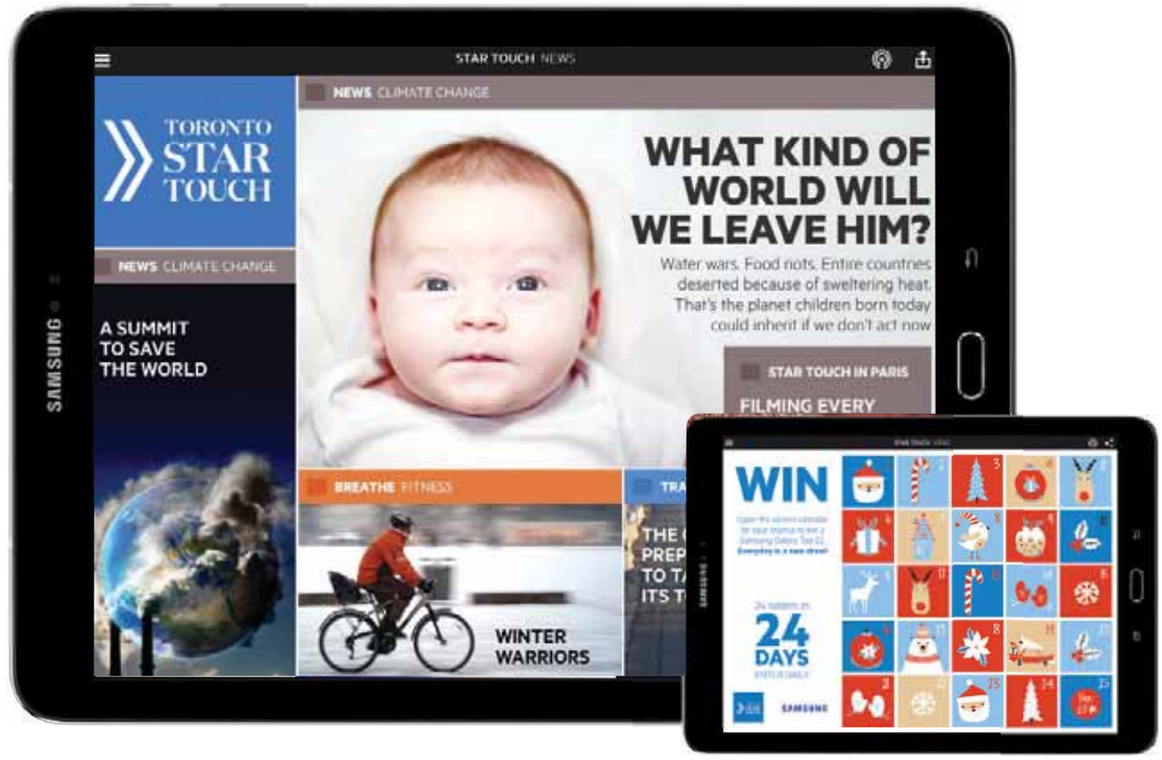
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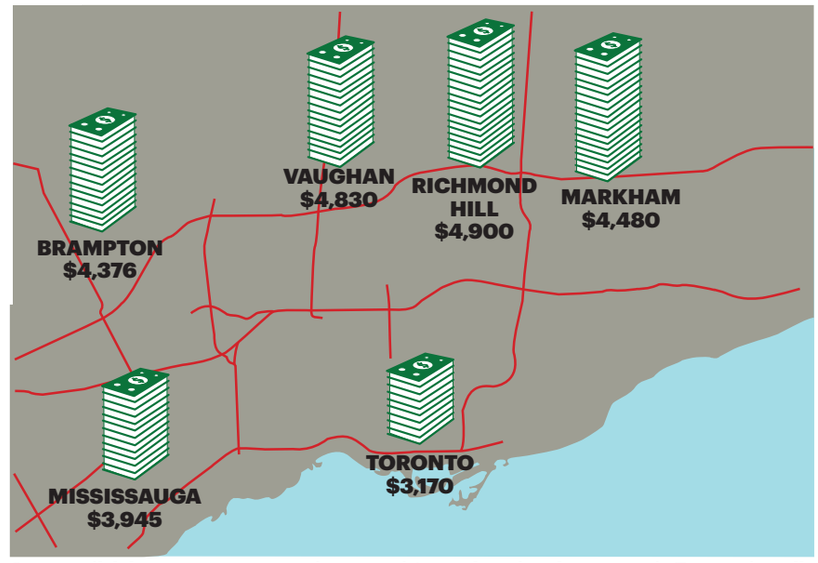

As council debates a property-tax increase, it's worth noting the tax rate in Toronto is well below that of other cities in Ontario and across the GTA. Based on the city manager's report, the average Torontonian pays less tax than people in 24 other Ontario cities, including Oshawa, Ottawa, Mississauga, Whitby and Brampton. ILLUSTRATION: ANDRES PLANA/METRO

Better city might need higher taxes

UNIVERSITY OF TORONTO

Alarmist to say hike would mean exodus: researcher

Luke Simcoe
Metro | Toronto

When city council sits down to make some tough decisions about next year's budget, politicians can take comfort in the fact that Torontonians can reportedly stomach higher taxes.

Research published earlier this year by the Institute for Municipal Finance and Governance at the University of Toronto found residential tax rates could be hiked without making the city less attractive or competitive.

That's good news for councillors, who will likely have to go to constituents with cap in hand to fill a $57-million hole in this year's operating budget. City staff recommends a property-tax increase of up to 2.17 per cent.

"We really need to face up to reality," said Enid Slack, director at the U of T institute. "People want great services, they want great infrastructure, they want everything to work, but we have to start paying for it."

Slack's findings run counter to rhetoric of tax opponents, who suggest tax increases will cause a mass exodus of people and businesses from Toronto, as people flock to lower-taxed suburbs. Such "alarmism is neither new nor well-founded," according to her research.

Historically, new taxes or fees introduced by the city have had a temporary, short-lived negative impact on the economy, said Coun. Shelley Carroll, a former budget chief under mayor David Miller.

"People told us the real-estate market would utterly and completely collapse if we introduced a land transfer tax," she said. "People held their breath for six months and then proceeded to spend their way into an unprecedented real-estate boom."

Carroll also suggested the recent election of Prime Minister Justin Trudeau and the Liberal Party shows voters are less hostile to tax increases.

"Something has changed since Mayor Tory was elected," she said.

"A young person ran for prime minister promising each and every Canadian that he would run a deficit because there are things people need right now and he won by a landslide."

RAISING RATES ON THE TABLE

Between now and Feb. 18, when council is slated to approve the 2016 budget, taxes will be among the hottest topic in Toronto.

City staff presented council with a preliminary operating budget on Tuesday that featured a $57-million shortfall. That doesn't include additional services that have been proposed — such as early Sunday subway hours or additional warming centres for the city's homeless in the winter — let alone $22 billion in unfunded capital projects like SmartTrack.

"The actual shortfall is much, much larger," said Coun. Shelley Carroll. "Things council considered and everything Mayor Tory has stood up and made an announcement about — those things aren't in there."

In order to close the gap, city staff recommend a property-tax increase of between 1.3 and 2.17 per cent; that's about $72 or $90 a year for the average household, respectively.

Carroll supports a tax increase but said the city needs to find more ways to generate revenue, including boosting development charges or even instituting a municipal sales tax.

"We should have more ways of adding revenues to our budget that are based on the strength of the economy, not just the value of a house," she said.

LUKE SIMCOE/METRO

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Meet one smooth operator

PUBLIC TRANSPORTATION

Subway driver makes transit bearable with wisecracks

Chris Bateman
For Metro | Toronto

"I'm happy to be there every day," says the TTC's most popular employee. CHRIS BATEMAN/ FOR METRO

Subway operator Michael Sage had been on the job for just four months when a young man ran in front of his train.

It was during the evening rush hour on a clear spring day in April this year, and Sage was travelling east on the Bloor-Danforth line, his usual route.

"I've had a handful of defining experiences in my life and that was definitely one of them," he said.

"Seeing a young life snuffed out like that right in front of my eyes made me want to connect with people on a positive level."

Now, months later, Sage is gaining a reputation on the subway for his playful loudspeaker wise cracks and funny observations.

Every day is different, but he might reveal the most embarrassing song in his iTunes library or pretend he's making a cheesy dating video.

Toronto's beleaguered commuters clearly enjoy it. Sage regularly receives compliments through his Twitter account, @MichaelSmoothOp, and via other social media. TTC management likes his style, too.

"I could have went to a dark place because of it, or I could have went the other way, and I chose to go the other way," he said.

It's all a far cry from that day earlier this year.

The TTC offered counselling and unlimited time to recuperate after the fatality, but Sage elected to take just two weeks off work.

When he got back in the cab, he felt like he had gained a new, positive outlook on life.

Sage started using the moniker "Michael the Smooth Operator" — a reference to the Sade song — when relaying delays or other official messages to passengers.

At first, the humour was partly a way of working through the trauma, he said, but now it's a regular part of his job.

"I wake up in the morning and I actually want to go to work," he said.

"I was a salesperson in the packaged food business, and for 13 years I was absolutely miserable.

"I'm happy to be there every day."

> **Seeing a young life snuffed out like that right in front of my eyes made me want to connect with people on a positive level.**
> Michael Sage

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LGBTQ COMMUNITY

Transgender clinic shuts after review

Jessica Smith Cross
Metro | Toronto

The Canadian Centre for Addiction and Mental Health is "winding down" its controversial clinic for transgender youth after an external review found serious concerns.

"We want to apologize for the fact that not all of the practices in our childhood gender identity clinic are in step with the latest thinking," said Dr. Kwame McKenzie, head of CAMH's Child, Youth & Family Program.

The clinic had come under criticism from the transgender community for providing therapy that discouraged transgender children from their true gender identity, in favour of their biological sex, harming a population that already has an increased risk of suicide.

As a result, CAMH launched a review by two external doctors, who found numerous areas of concern.

One major problem was, that "society's understanding and acceptance of the diversity of gender expression have changed," but the clinic's approach hadn't, the review said.

Considering the best outcome from the child is being "heterosexual and cisgender" is no longer appropriate, the reviewers wrote.

However, the reviewers wrote they could not conclusively determine if the clinic was practicing reparative therapy, which attempts to turn a gay or trans person straight and was recently made illegal in Ontario.

> **Not all of the practices in our childhood gender identity clinic are in step with the latest thinking.**
> Dr. Kwame McKenzie

The head doctor, Kenneth Zucker, is well-known for his research based out of the clinic and his patients, the reviewers noted.

However, they criticized the extensive assessments his patients were subjected to.

They were "poked and prodded," asked irrelevant questions about their sexual fantasies, and evaluations in a one-way mirror many found uncomfortable.

IN BRIEF

"The Brampton Nanny" arrested for child sex assault

An Ontario man who called himself "the Brampton Nanny" has been arrested in an investigation into alleged sexual assaults against children.

Peel Region police say the 31-year-old man allegedly posted ads offering his services as a nanny and had been providing in-home child-care services for the past seven years.

Police say Kevin Cordeiro, of Brampton, Ont., was arrested last week and has been charged with two counts of sexual assault and two counts of sexual interference. Investigators are concerned that there are more victims and are encouraging them to come forward. THE CANADIAN PRESS

Police search for armed suspect after gun found

Toronto police are searching for a 26-year-old man after coming across a stolen car with a machine gun inside. Police say they discovered the abandoned Mercedes in the west end of the city with its engine running, lights on and doors unlocked.

A search of the car revealed three loaded firearms, including a Tec9 9mm sub-machine gun.

They have identified the suspect as Javier Gomez and advise that he is likely armed and dangerous.
THE CANADIAN PRESS

Liquid cocaine smugglers hid drug in juice cartons

RCMP have charged two Toronto-area men they say smuggled about 44 litres of liquid cocaine into the Port of Halifax by hiding it in orange juice cartons.

Norris Williams, 46, of Whitby, Ont., and Lincoln Strachan, 46, of Mississauga, Ont., are both charged with possession for the purpose of trafficking, importing drugs into Canada, and conspiracy.

RCMP say that amount of liquid cocaine is roughly equivalent to 24 kilograms of powdered cocaine.
THE CANADIAN PRESS

Woman facing multiple charges for PATH stabbing

Police have arrested a woman in connection with Friday's brazen stabbing in Toronto's underground PATH. At around 3 p.m. Tuesday, Rohinie Bisesar, 40, was taken into custody by police and charged with attempted murder, aggravated assault and carrying a concealed weapon.
TORSTAR NEWS SERVICE

Ravaged heart saved in 'UFO' surgery

MEDICINE

Hand of 'God' required to fix infected organ

Christopher Scott's heart stopped beating for almost 10 hours.

That's how long he was on the operating table, hooked up to a heart-lung machine while doctors performed a rare procedure so unusual the technique is nicknamed the UFO.

Last March, Scott was rushed to the Peter Munk Cardiac Centre with a raging infection picked up from a kidney dialysis line. The infection had spread to his heart.

Dr. Mitesh Badiwala was on call that night. Two of Scott's heart valves were so damaged they were leaking, causing blood to flow backward into his lungs.

"He basically was drowning," said Badiwala.

Even the area connecting the two was destroyed. "Every time we tried to hold the valves, they basically fell apart," Badiwala said. Usually surgeons would sew in an artificial valve, but they need the tissue in between.

Dr. Chris Feindel, a cardiac surgeon reportedly nicknamed "God" by hospital staff for his scalpel skill, had done the UFO before. But even he had never seen such a bad case.

"My first reaction was, 'This poor guy's not going to survive this no matter what we do,'" he said. It's not an operation done in most hospitals. "A lot of these patients won't even get referred to surgery, because people basically give up on them."

Using lining from a cow's heart, he constructed a patch into which he sewed two mechanical valves.

After four months in hospital and five surgeries in all, Scott, 33, is on the long road to recovery.

TORSTAR NEWS SERVICE

Christopher Scott, 33, is on the slow road to recovery after having extensive surgery. COLE BURSTON/TORSTAR NEWS SERVICE

HOMICIDE

Mother accused of killing her toddler

Russom Tesfamar Yordanos called 911 shortly after 2:30 p.m. Monday from her apartment on the 15th floor of an east Mississauga high rise. The young mother — with two children under age two — told the dispatcher someone was hurt.

By the time Peel Regional Police arrived at the apartment complex on Sherobee Road, Yordanos, 27, was waiting in the apartment lobby with her six-month-old daughter.

Upstairs in the family's apartment, her two-year-old son, Surfeal Okubazgi, was dead.

Less than 24 hours later, Yordanos appeared before a judge in a Brampton courtroom, showing no emotion as she faced a charge of first-degree murder.

Peel police have revealed little about the case, including how the toddler died, though they said his body was found with "obvious signs of physical trauma." The young boy's death is an "isolated incident," and police have no other suspects.

Homicide detectives said Tuesday they are working to determine whether postpartum depression may have been a factor in the child's death — something legal experts say could significantly alter the case.

At a brief bail hearing, Yordanos was remanded into custody until her next court appearance on Jan. 7.

TORSTAR NEWS SERVICE

IN BRIEF

Dog euthanized after being freed from subway track

A German shepherd had to be put down Tuesday after she was discovered stuck underneath the subway tracks near Davisville Station.

The dog — named Katie — was found lodged under the subway's electrified third rail at about 2 p.m. She had wandered away from home earlier in the day, according to TTC spokesman Brad Ross.

Katie was rushed to the vet but was later euthanized because her injuries were too severe. The ordeal stopped subway service for two hours. LUKE SIMCOE/METRO

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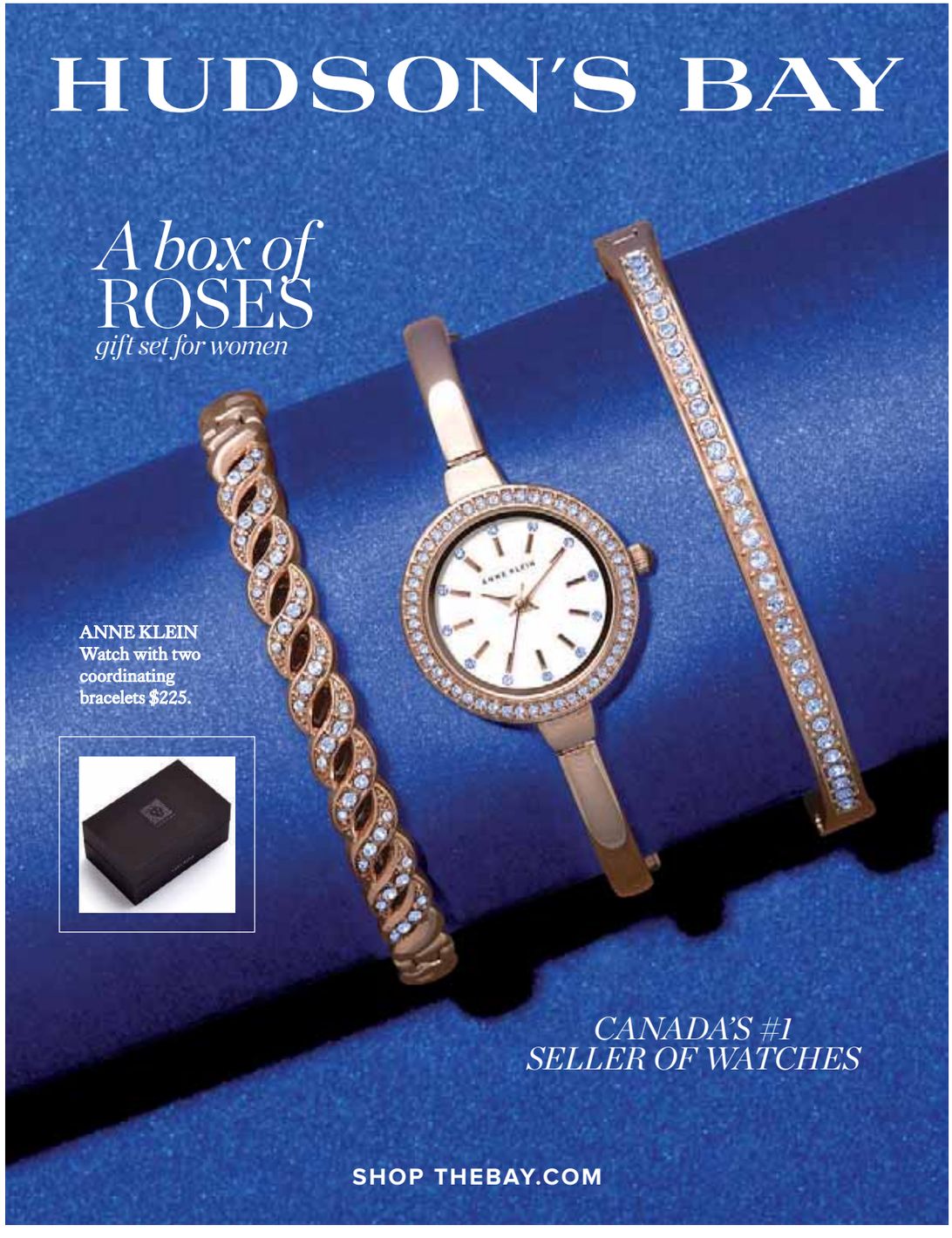


Apology still timely: Trudeau

INDIGENOUS AFFAIRS

PM speaks of renewing First Nations relationship

Prime Minister Justin Trudeau said the reconciliation needed as part of dealing with the tragedy of residential schools is an issue that all of Canada needs to work on together.

"Our goal, as we move forward together, is clear: it is to lift this burden from your shoulders, from those of your families and communities. It is to accept fully our responsibilities — and our failings, as a government and a nation," Trudeau said Tuesday in Ottawa as the Truth and Reconciliation Commission presented its final report to the federal government and church leaders who were parties to the residential schools settlement agreement.

Trudeau said that seven years after former prime minister Stephen Harper made his historic apology to the survivors of Indian residential schools and their families, the words of the apology remain true and timely, and so does the request for forgiveness.

"At the same time, there is reason for hope. Today, we find ourselves on a new path, working together toward a nation-to-nation relationship based on recognition, rights, respect, cooperation and partnership," said Trudeau, according to an advance copy of his prepared remarks.

> **Today, we find ourselves on a new path, working together toward a nation-to-nation relationship.**
> Prime Minister Justin Trudeau

The 3,231-page final report follows the executive summary released in June that included 94 recommendations — or "calls to action" — to address the dark history and continuing legacy of Canadian residential schools that saw 150,000 First Nations, Metis and Inuit children come through their doors for more than a century.

"The final report provides a way forward for all Canadians, building on the formal apology of seven years ago. It sets us squarely on a path to true reconciliation. The government of Canada is committed to walking that path with indigenous peoples, in partnership and friendship," said Trudeau, who as Liberal leader committed to supporting all 94 recommendations, beginning with the implementation of the United Nations Declaration on the Rights of Indigenous Peoples.

Trudeau, who said he is meeting with national indigenous leaders Wednesday, said that work has already begun with the launch of consultations with families and other stakeholders on the design of a national inquiry into missing and murdered indigenous women and girls.

Justice Murray Sinclair, chair of the TRC, told the gathering in Ottawa Tuesday afternoon he was encouraged by the emphasis on the relationship with Canada's indigenous peoples in the cabinet mandate letters and the Speech from the Throne and the decision to call the national inquiry.

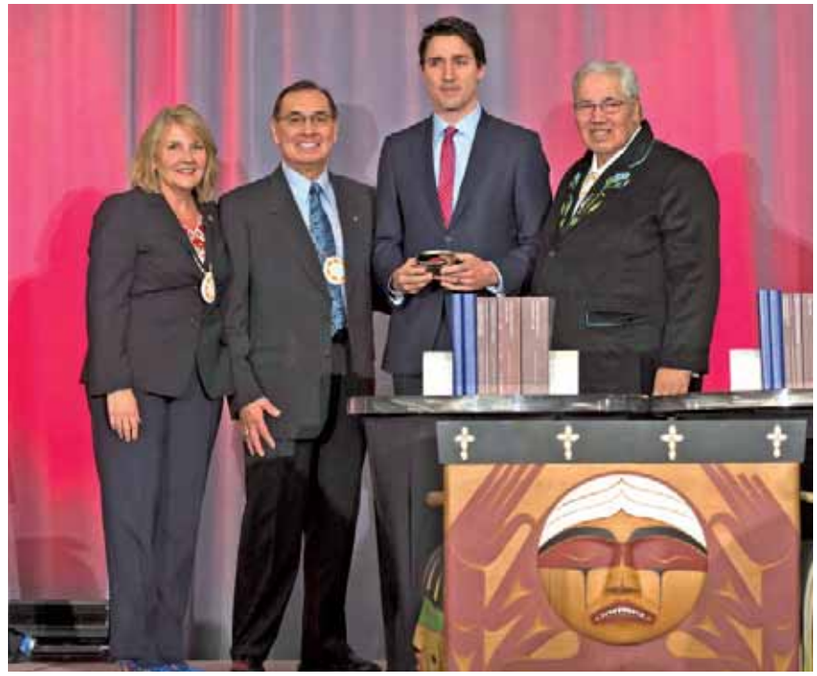
"With actions and commitments such as these I stand before you here hopeful we are at the threshold of a new era in this country," Sinclair said.

Sinclair said the work to achieve reconciliation could take many years, but "it is important for Canadians to start somewhere."

In an interview, Sinclair said despite these encouraging signs from Trudeau, there is much work to do.

"The words are certainly good to hear. I think we as commissioners have been uplifted by the fact there has been widespread acceptance of what it is we have said throughout the country and that the leaders of this government, including the prime minister, have all indicated their willingness to embrace our calls to action, but there is certainly a significant amount of groundwork they have to do first. One is to identify what their action plan is going to be to implement the calls," Sinclair said.

TORSTAR NEWS SERVICE



Commissioner Marie Wilson, Commissioner Chief Wilton Littlechild and Commissioner Justice Murray Sinclair pose with the prime minister after presenting him with a copy of the final report of the Truth and Reconciliation commission in Ottawa. ADRIAN WYLD/THE CANADIAN PRESS

Eugene Arcand, who attended St. Michael's Indian Residential School in Duck Lake, Sask., shared a photo of his Grade 2 class. Arcand said all but nine of the students in the photograph have since died. HANDOUT/TORSTAR NEWS SERVICE

3,231

The number of pages in the final report

150K

The number of First Nations, Métis and Inuit children who attended residential schools

3,201

The number of indigenous children and youth who died in residential schools — many of them buried in unmarked graves

$1.5M

The amount of money it would cost to complete the work recommended by the working group

TAXES

Morneau clarifies GST is not changing

Finance Minister Bill Morneau THE CANADIAN PRESS

The federal finance minister is seeking to clarify the new Liberal government's position on the GST.

Bill Morneau was asked directly Tuesday whether he has considered raising the goods and services tax as a way to generate more government revenue.

"You know, one of the things that I'm absolutely sure of is that we should go through our budget process in order to figure out where we're going to get to," Morneau told reporters in Ottawa in response to the question.

"In my estimation, we're going to hear a lot of things from not only my colleagues around the table, but from Canadians about what we should be doing from a budget standpoint. And at the end of that, we'll present to Canadians a plan for the next year and give them a sense of what's going to happen over the next five years.

$14B

The Conservatives lowered the GST by 2 percentage points — cutting about $14 billion in annual revenue.

"I'm not at this stage considering any tax issues that haven't been already put in our campaign platform."

After his remarks were published, Morneau later tweeted: "Contrary to misleading headlines, we are not considering changes to the GST."

In the coming weeks, the government will hold consultations to help it prepare for the federal budget.

THE CANADIAN PRESS

IN BRIEF

Ambrose pans Trump

Donald Trump may be running to lead America's right-wing political party, but his views aren't welcome by Canada's right-wing party, the interim leader of the Conservatives says.

Trump's position should not even be considered right-wing, but something far beyond that, said Rona Ambrose in a wide-ranging year-end interview.

"I think he's off the spectrum, frankly," Ambrose said. "That's not a voice that we welcome in our party." THE CANADIAN PRESS

Smugglers sentenced

Two men have been sentenced for separately smuggling eight immigrants across the Canadian border into New York.

Christopher Square, 29, of Kahnawake, Que., was sentenced to nine months in prison. Prosecutors say Square, a dual citizen of the U.S. and Canada, was caught smuggling three people in a van that was stopped by U.S. Border Patrol officers. Daniel Humberto Pulido-Mojica, 30, was sentenced to 11 months in prison.

THE CANADIAN PRESS

Police mum on spyware

SURVEILLANCE

Stingrays can pick up phone signals of people nearby

High-tech surveillance equipment called "stingrays" allows police to listen in on your cellphone conversations and text messages — even if you've done nothing wrong.

But Canada's two largest police forces are refusing to say if they use these devices, which work by scooping up the cellphone signals of people nearby.

The Royal Canadian Mounted Police and the Ontario Provincial Police have both declined to say if they use International Mobile Subscriber Identity (IMSI) catchers — also known as "stingrays" — because they say giving out that information could interfere with their investigations.

Stingrays electronically mimic cellphone towers, and trick cellphones within their range into connecting to them. Once a phone makes the connection, the stingray can grab data from it — including phone numbers, texts, phone calls and websites visited — in real time.

The StingRay II, manufactured by Harris Corporation, of Melbourne, Fla., a cellular site simulator used for surveillance purposes. U.S. PATENT AND TRADEMARK OFFICE/THE ASSOCIATED PRESS

Ontario Privacy Commissioner Brian Beamish said the technology, which has a range of several kilometres, casts a wide net that doesn't distinguish between suspects in criminal cases and ordinary citizens.

"It's potentially so intrusive in terms of the amount of information it can gather, not only about a target but about other people as well, people that aren't under suspicion," Beamish said.

Ian Kerr, Canada Research Chair in Ethics, Law & Technology at the University of Ottawa, said that everybody's in the dark about whether police use stingrays — and if they do use them, how that might impact privacy. "The problem is, we can't even know what those problems are," he said.

Although police won't say whether they use stingrays in Canada, use of the devices is widespread in the United States. Kerr said that he's spoken with many Canadian defence lawyers who believe the technology is used in police investigations here.

In August, the Office of the Ontario Privacy Commission upheld the Toronto Police Services Board's right to neither confirm nor deny that it owns stingrays.

"I specifically find that the disclosure of this information respecting the existence or non-existence of responsive records could reasonably be expected to reveal investigative techniques which are either in use or could likely be used in law enforcement," read the ruling written by Donald Hale, an adjudicator with the Office of the Ontario Privacy Commissioner.

That ruling related to a June 2014 access to information request by someone who wanted records of stingray purchases, which can cost upwards of $100,000 US.

TORSTAR NEWS SERVICE

POLITICS

Ambrose pans Trump

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Trump has called for a temporary ban on Muslim immigration to the United States.

THE CANADIAN PRESS

Rona Ambrose. THE CANADIAN PRESS

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Ben Carson calls for extra troops at Canadian border

UNITED STATES

Proposal does not explain why more security is needed

Republican presidential candidate Ben Carson is calling for the U.S. to deploy soldiers to parts of the Canadian border.

Carson, who is fading quickly in the polls, made the proposal as part of the "Seven Steps to a Safer America" anti-terrorism plan he issued on Tuesday.

The sixth step: "President Barack Obama and Congress should immediately deploy the National Guard and military troops to patrol the U.S. southern border as well as designated spots along the northern border."

He did not identify the spots or say why he believes current security measures along the Canadian border are inadequate.

Canadian diplomats spent years after the 9/11 attacks of 2001 attempting to combat the widespread myth that some of the hijackers crossed into the U.S. from Canada.

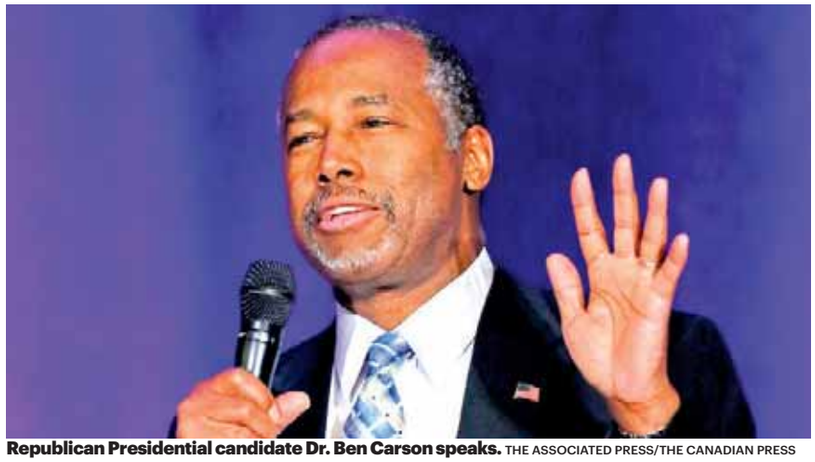
Carson is the second Republican candidate to suggest new defensive measures up north. Wisconsin Gov. Scott Walker, now out of the race, was widely ridiculed for musing about the possibility of a wall along the Canadian border.

Carson has been plagued by a perception that he is unschooled on foreign policy.

He has lost nearly half of his national support in the month since the Islamic State of Iraq and the Levant terrorist attack on Paris, and he now sits in fourth place behind businessman Donald Trump, Texas Sen. Ted Cruz and Florida Sen. Marco Rubio.

His security plan includes a formal declaration of war against ISIL, the formation of a stronger coalition to fight the extremist group, and the creation of a "refugee safe zone" in northeast Syria. Carson does not want the U.S. to accept refugees.

TORSTAR NEWS SERVICE



Republican Presidential candidate Dr. Ben Carson speaks. THE ASSOCIATED PRESS/THE CANADIAN PRESS

GOP DEBATE

Chairman slams Hilary to start off Republican debate

"This is a unifying message...I think you can agree with me, that every single one of the candidates on this stage would be world better than Hillary Clinton." National GOP Chairman Reince Priebus said. The crowd at the Venetian applauded.

THE ASSOCIATED PRESS

TERROR THREAT

Hoax in U.S. shuts schools

The nation's two biggest school systems — New York City and Los Angeles — received threats of a large-scale attack Tuesday, and L.A. reacted by shutting down the entire district. New York dismissed the warning as an amateurish hoax and held class as usual.

In L.A., the threat came in the form of an email to a school board member that raised fears of another attack like the recent deadly shooting in nearby San Bernardino.

Authorities in New York reported receiving the same "generic" email that was sent to other cities around the country. They decided there was no danger to schoolchildren, with Mayor Bill de Blasio concluding the threat contained "nothing credible."

"It was so outlandish," he said.

The shutdown abruptly closed more than 900 public schools and 187 charter schools attended by 640,000 students across Los Angeles.

THE ASSOCIATED PRESS

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RESEARCH

Trudeau may be last head of state to grey

Leading a country comes with extraordinary privileges but also, apparently, a price: new research suggests that heads of state age faster than normal and that the stress of the job may shave almost three years off their life expectancy.

Doctors analyzed how long presidents and prime ministers in 17 countries — including Britain, Canada, France, Germany and the U.S. — survived after leaving office, compared to the losing candidates. They also observed the number of years that heads of state lived versus what was expected for someone of the same age and gender.

After considering the fates of 279 heads of state and 261 runner-ups, they concluded former leaders lived for almost three fewer years than expected.

"To lose a few years is significant," said Dr. Anupam Jena of Harvard Medical School, the study's senior author.

Even U.S. President Barack Obama recently joked with Canada's new Prime Minister Justin Trudeau — who is about a decade younger than Obama — about how a country's top office can speed up aging. Obama advised Trudeau he should start dying his hair to avoid going grey.

Jena said Trudeau — who is a keen outdoorsman — might fare better than expected.

"Someone like him, who is fit, may be in a better starting position than others," he said.

THE ASSOCIATED PRESS

U.S. President Barack Obama and Prime Minister Justin Trudeau are seen looking dapper at the Asia-Pacific Economic Cooperation summit. THE ASSOCIATED PRESS FILE

IN BRIEF

Majority of Middle East unites against terrorism

Saudi Arabia said Tuesday it has lined up most of the Arab world, NATO member Turkey and several African and Asian countries behind a vaguely defined "Islamic military alliance" against terrorists.

The move allows the kingdom, which follows a deeply conservative interpretation of Islam, to cast itself as a leader in the fight against extremism. But absent from the alliance are the Shiite-led countries of Iran and Iraq, as well as Syria, whose government is backed by Tehran.

THE ASSOCIATED PRESS

French National Party head cleared of hate charges

A French court on Tuesday acquitted French far-right leader Marine Le Pen of incitement to hatred.

A court in Lyon followed the prosecution's demand that Le Pen, who made the remark in 2010, be cleared. Le Pen had faced up to a year in prison and a 45,000-euro ($50,000) fine. Four anti-racism associations had filed a complaint after Le Pen compared Muslim street prayers to the Nazi occupation of France. THE ASSOCIATED PRESS

ROMANIA SHEPHERDS STORM PARLIAMENT More than 1,000 angry shepherds scuffle with riot police Tuesday in Bucharest after breaking through fences to get into the grounds of Romania's parliament. They were protesting a law that limits the number of sheepdogs they can use and bans them from grazing sheep during winter. THE ASSOCIATED PRESS

Debt highest with young people: BoC

ECONOMY

Borrowers under 45 years more at risk of income drops

The most-important weak spot in the armour of the country's financial system — climbing household debt — is increasingly concentrated among younger Canadians, the Bank of Canada said Tuesday.

The most-indebted borrowers tend to be under 45 years old and usually earn less money, which would put them more at risk of income drops caused by an economic downturn, the central bank said.

The bank's semi-annual financial system review was released as the economy struggles to build momentum after contracting over the first two quarters of 2015.

Borrowers have helped carry the load for the economy and, as a result, the key vulnerability of household debt has continued to rise.

$400B

The share of Canada's household debt held by higher-risk borrowers has risen to 21 per cent or close to $400 billion from a pre-crisis level of 13 per cent. These households tend to be in British Columbia, Alberta and Ontario.

The bank, however, said that while income growth has failed to keep pace with mounting mortgage credit, the chance of household debt becoming a serious problem remains low and is likely to fade as the economy picks up steam. It added that so far there has been little evidence of significant increases in delinquency rates.

Still, the report contained numbers that show the proportion of households in the shaky position of holding debt higher than 350 per cent of their gross income has doubled to about eight per cent since the 2008 financial crisis. The increase is mostly due to the extended era of low interest rates.

The likelihood that a household would be unable to make its debt payments following an adverse economic event increases significantly when its debt reaches above 350 per cent of gross income, the bank said. Those vulnerabilities have continued to edge higher, Bank of Canada governor Stephen Poloz said. THE CANADIAN PRESS

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NATURAL GAS: $1.822 US (–7.2¢)
DOW JONES: 17,524.91 (+156.41)

BEER SALES

Provinces differ in rules

Ontario allowed the sale of beer in grocery stores for the first time Tuesday and is still looking at ways to expand wine sales to more private outlets.

The rollout follows a deal with the Beer Store, which will eventually see 450 grocery stores sell beer by 2017. Here's how alcohol is sold in other provinces:

Alberta: Beer, wine and spirits are sold in privately owned liquor stores.

Nova Scotia: Beer, wine and spirits are sold at provincially owned liquor-store outlets. Some beer, wine and spirits are available at private stores.

British Columbia: Beer, wine and spirits are sold in provincially-owned and private liquor stores. Craft beer can be purchased at the brewery.

Manitoba: There is a mix of government-run and private wine and beer stores.

Quebec: Beer and wine are sold in grocery and corner stores. Wine, spirits and select beer are sold in government-run outlets.

THE CANADIAN PRESS

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metro VIEWS

Your essential daily news

Wednesday, December 16, 2015

Moove over, sheep
Mom was right: Warm milk does promote sleep, says a new study — but more so if it's drawn late at night from sleepy cows.

URBAN ETIQUETTE ELLEN VANSTONE

THE QUESTION

When is it OK to say hello in the office men's room? At any other point in my day, I will nod to colleagues. But it seems wrong to greet them when they're actually peeing. Yet it's also a bit weird to ignore them completely.

Dear Ellen,

This is a delicate problem, summed up in one simple question: When is it OK to say hello in the men's room? I'm talking mainly about the office. At any other point in my day, I will nod a "hello" to colleagues. But, if I encounter them in the staff washroom, it seems wrong to greet them when they're actually peeing. Some men need to concentrate, so it's probably disruptive to start a conversation. But it also seems weird to ignore them completely. Should I nod at before or after apparel is adjusted? Or wait till the hand-washing stage?

Worried of Toronto

Dear Worried,

I know who you are because you recently approached me in person about this, and I told you to email the question. But your letter has left out the most interesting thing you said in our brief conversation: I.e., that men often pass gas while at the urinal.

I have two things to say about this: 1) Sorry, guys, this does not qualify as multi-tasking; and 2) I was surprised, since women, in my experience, do not do this in public washrooms. Given my ignorance of men's room practices, I will turn to a male expert (as I did previously, in a column about the shy male pee-er): my esteemed editor and final arbiter on all things etiquettical, Matt LaForge.

See Matt's men's room guidelines below, along with a few reminders from me for polite patrons of the ladies' room.

Don't "look." You know what I'm talking about.

HERS

Hover craft: If you must crouch above the toilet without touching it while you pee, wipe stray droplets off the seat afterwards.

Timing for stalls: As long as the patriarchy continues to confuse "equality" with an equal number of stalls in male and female washrooms, women will be lining up to pee before, during and after every public event. So when you do finally achieve the bliss of a stall with a working toilet and sufficient tissue, don't dawdle. Your sisters in the lineup snaking out the door are just as desperate to void and exit as you are.

'N sink: Once you've washed your hands, try to find another piece of mirror to check hair, teeth and lips so someone else can squeeze in to wash their hands at the sink.

HIS

Worried, not all matters of etiquette are cut-and-dried — and, as final arbiter, I should know — but this one is. The basics are as follows:

When passing a colleague on the way in or out of the men's room, feel free to greet him as if you were in the hallway, on the trading floor, in the grain silo, or on the swing stage (I don't know where you work). When washing or drying your hands next to a colleague, it is, as your letter suggests, perfectly acceptable to greet or even to hazard a conversational salvo. When one or both of you is peeing, however, you should act as if you were a child before about the mid-1980s: Don't speak unless spoken to.

The fellow at the urinal is in a vulnerable state; presume therefore that he would prefer to be left alone. But if his coping mechanism involves compulsively making small talk, reply politely (eye-contact not necessary) even if you would just as soon allow silence to prevail. In all cases, bear in mind etiquette's Golden Rule: The comfort of others takes precedence over yours. If that means subsuming your desire to fill every silence with idle chit-chat, do so. And if that means forfeiting your own desire for quiet so as to indulge a chit-chat artist, then do that.

While we're on the subject, let's get another simple one out of the way. Don't "look." You know what I'm talking about: You're standing there and, for no reason more dubious than the mere fact that ceramic tile isn't much to look at it, you find yourself compelled to, as it were, survey the scene. Refrain. While peeing abreast of another man, colleague or no, act as you would in the presence of someone who's changing or breastfeeding. That is, afford him as much metaphysical privacy as the circumstances allow.

I've heard it suggested, as you no doubt have, that the injunction not to "look" is somehow rooted in homophobia. Nonsense. Any homophobic behaviour that arises as a result of a "looking" incident is separate and distinct from the underlying issue.

The underlying issue, Worried, is that to be seen naked is, in most cases, to be made uncomfortable, and that this is true whether or not the beholder shares a gender with the beheld (for more on this, see the Book of Genesis). Remember that Golden Rule: Take care to recognize another's discomfort and, at a minimum, don't make it worse.

With files from Matt LaForge

Need advice?
Email Ellen:
scene@metronews.ca

ROSEMARY WESTWOOD

metroview

Celebrating feminism and rejecting the label? You're freeloading.

An elephant walks into a crowded room. "I'm not an elephant!" he declares. "Sure, I have the trunk, tough grey skin and the ivory, but I don't like labels, and I don't consider myself to be an elephant."

No one says anything, for fear of upsetting him, though they recognize the elephant is objectively wrong.

And that's the origin of the "elephant in the room" idiom.

Or not. But it is the tale of the flawed logic of most 40-ish women in Canada.

According to a survey by Chatelaine magazine and Abacus Data — released last week and irritating me ever since — 68 per cent of women 35-45, when asked if they are feminists, said, "No."

Let's suppose that some of those women really don't believe in the equality of the sexes, in which case not being a feminist makes perfect sense.

Let's also suppose that many of those women do in fact believe men and women are equal, in which case they are not making sense at all.

That invites the question: Why would they deny it? In video interviews, many explained they have a distaste for the label.

Labels are often only disliked when they're controversial. These women, presumably, are OK with being called women. They're also OK with being called 40(ish). Obviously, "feminist" isn't so innocuous. These women, it seemed from some of the interviews, don't want the flak. They perhaps don't want to have to explain that "feminist" is not synonymous with "angry man-hater."

And that's cowardly.

Some indicated they feel privileged enough not to need feminism, unlike the thousands of murdered and missing indigenous women, say, who are three times more likely than white women to be victims of violent crime.

And that's selfish.

I will also, finally, charge this: By expecting and lauding the wins made by feminists, while in the same breath rejecting that label, you're freeloading. You're getting all the goods — the push for equal pay, for more women leaders, for the end of harmful masculine and feminine ideals, for shelter from a violent partner should you ever need it — without standing up for the cause that serves you.

I've been told that women respond more to emotions than logic, and also that a woman attracts more bees with honey, so here's the soft pitch: If you come out of the closet, you'll find Justin Trudeau, Aziz Ansari, Beyoncé and Malala Yousafzai waiting for you with open arms.

I'll even throw in a pair of 100 per cent cotton "Feminist" stamped underwear.

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Howard Stern signs deal with Sirius XM to stay on for five more years

5 FOOD TRENDS FOR 2016

Ready for a taste of 2016? Since we're all tired of hearing about bacon, Brussels sprouts and cauliflower steaks, let's look forward to some of the flavours and foods that will be popping up in the coming year. It's not so much that these foods are radically new. Rather, they are edging toward a critical mass, making them common on restaurant menus and easier to find. **THE ASSOCIATED PRESS**

Grains and legumes

It all started with quinoa. Now all sorts of crazy grains and legumes (or seeds masquerading as them) have been popping up. We have farro and teff, millet and triticale, not to mention wheat berries and rye berries being cooked and consumed straight up. But there also are other changes in this niche. First, the sprouted phenomenon. Many grains and legumes are being briefly sprouted before being dried and packaged. The result is a slightly sweeter, nuttier flavour. Second — and even more profound — is ease. As in, companies have gotten wise to the fact that more people would eat more legumes if they were easier to prepare. And then there are the flours. No doubt stirred by all the interest in gluten-free foods, many company now produce bean flours, such as black bean flour, fava been flour and chickpea flour.

Seaweed

There was a lot of hype this year about researchers growing a new seaweed that supposedly tastes like bacon. But in the meantime we have nori, the seaweed that often is pressed and dried in sheets, then used to wrap maki-style sushi. But it can do much more, and folks are starting to wake up to that. First, try it as an almost calorie-free potato chip substitute. Typically marketed as "seaweed snacks" and sold in single serve packets, these are crispy, salty and addictive. Nori is also being turned into condiments. Combined with sesame seeds and salt, it's called furikake. Or there is the Sea Shakes line of seaweed seasoning blends, which combine kelp, dulse and nori with garlic, lemon peel and rosemary (among many others) with delicious results. Try any of them over roasted vegetables, cooked chicken, rice and other grains.

Little fish

Two things going on here. First, the trend in seafood is to eat lower on the food chain. It's good for the oceans; it's good for the fishing industry. Second, we've all become enamored with umami (the flavour best described as "savory"), and little fish — and the products made from them — tend to be umami bombs. So expect to see lots of anchovies and sardines, and expect to see them in starring roles.

Umeboshi plums

These are the fruit of the ume tree (a relative of the rose). They resemble small apricots, but can't be eaten raw. That's why most of them are salted, fermented and dyed red using shisho leaves. The resulting "plums" have an intensely sour-salty flavour that can be weirdly addictive. They usually are sold whole, as a paste or as a vinegar. In traditional Japanese cooking, umeboshi are eaten straight up, or are served inside balls of rice that are wrapped in nori, but I've been seeing umeboshi showing up in unusual places lately. The vinegar is great in marinades and dressings. Try it sprinkled over a bean and quinoa salad with avocado and shrimp.

Alternative sugars

Avoiding high-fructose corn syrup is getting a little easier, in part because a growing number of soda companies are returning to pure cane syrup. But there also are other changes to the sweetener world. Of particular interest is the growing selection of natural sweeteners made from alternatives to either cane or corn. Agave syrup (also called agave nectar) is the juggernaut here. There also are sweeteners made from coconut (both syrups and granulated), barley, brown rice, dates and apples.

Rising from food ruins

There's almost no kitchen mistake that can't be fixed. Here are some common holiday cooking problems and the best ways to solve them

THE ASSOCIATED PRESS

The turkey isn't done

So your guests arrived two hours ago, but the turkey has barely broken 125 F. Now what? This is a hard fix, but it's not impossible. Start by making sure you are getting an accurate read on the turkey's temperature. Use an instant thermometer inserted at the leg/thigh joint, and make sure the probe doesn't hit bone.

Next, pull the bird from the oven and increase the temperature by 50 F. Cover the turkey with foil, then return it to the oven. Check the temperature every 30 minutes, but no more than that.

More frequent opening of the oven lets the heat escape, further slowing the cooking. Once you are within striking range of your target temperature (155 F to 160 F), remove the foil to allow for browning (unless the bird already was sufficiently golden).

In the meantime, distract your guests with an easy snack and cocktail. Nobody will notice the delay.

How to avoid this next time? Plan better. For example, if it is recommended that you roast your 16-pound turkey at 325 F for 3 1/2 to 4 1/2 hours, assume it'll take the longer estimate.

But even so, start checking the internal temperature on the early side, after about 3 hours. If the turkey's not done, keep checking at 30-minute increments until it registers about 160 F.

The turkey is done too soon

Turkey needs to rest, covered loosely with foil, before carving, for at least 20 minutes. And it will stay rip-roaring hot for up to an hour.

The turkey is dry

To fix a dry bird, heat the oven to 300 F. Carve the meat off the bird, slicing it as you would to serve.

Arrange the slices, slightly overlapping, in a shallow baking pan, then pour some turkey or chicken broth over them, enough to come halfway up the sides of the slices of turkey. Cover the pan tightly with foil and heat the turkey for 10 minutes, or until it's heated through.

Now lift out the slices and arrange on a serving platter. Ladle gravy over the slices.

It will be a beautiful presentation and the meat will be deliciously moist.

Julia Child's philosophy was simple: Embrace the disaster, do what you can to fix it, but tell nobody. NEW YORK TIMES /GETTY IMAGES

Hosting a dinner party? Bear in mind the words of Julia Child: **"Never apologize. Never explain."**

The turkey isn't carving nicely

Sometimes when you carve the bird, much of the breast meat remains on the bone. The reason this happens is the wishbone, which blocks the knife from slicing all the way down to the rib cage. Remove the wishbone, then get back to carving. And the best way to carve is to start by cutting the whole breast off the carcass, removing one half-breast at a time. Then slice.

The beef or pork is overcooked (or cold)

Start by heating some of whatever gravy you have on hand. If it appears there might not be enough, stretch it by adding a little beef or chicken broth (or, in a pinch, water). Slice the meat thin, arrange it in overlapping slices on the serving plates (do all of this out of view in the kitchen), then pour a liberal helping of hot gravy on every serving.

The gravy is lumpy

Pour the gravy through a mesh strainer and discard the lumps. Alternatively, portion the gravy into a blender in batches and puree until smooth.

The green vegetables are overcooked

Pop the vegetables into the food processor and pulse until they are finely chopped. Now mix them into the mashed potatoes, rebranding the dish as "Brussels sprouts potato mash." This example is particularly delicious if you happened to toss some bacon in with the overcooked Brussels sprouts.

The pie falls apart or the crust crumbles

Spoon it into wine glasses in alternating layers with a bit of ice cream or whipped cream and call it a pie trifle.

The whipped cream is over-whipped

If the whipped cream starts to look dry and grainy, just add a little more cream and carefully beat it until soft peaks form. Then stop. You're done.

Alternatively, assuming you have enough heavy cream to make a second batch, keep beating the first batch until the cream completely breaks and forms butter (and liquid, the buttermilk). Drain off the buttermilk (save it for pancakes the next morning) and season the butter with salt. Serve it with the dinner rolls. It will be the best butter you've ever eaten.

The cake is dry

Make a simple syrup by combining equal parts sugar and water and heating them in a saucepan over low heat until the sugar is dissolved. If you want to flavour the syrup, add vanilla, lemon zest or juice, orange zest or juice, brandy or another liqueur. Brush the syrup liberally over the layers of the cake before assembling. Or slice the cake and drizzle the syrup over each serving.

Or you can make a quick raspberry or strawberry sauce by combining some frozen (thawed) berries with a little sugar in a blender. Puree it all, then strain the puree to remove the seeds. Pour the sauce over the cake slices, top each portion with ice cream and call it cake a la mode.

The cake/cheesecake/pumpkin pie is cracked

You can camouflage the cracks by decorating the top of the dessert with lightly sweetened whipped cream or by dusting it with powdered sugar shaken from a mesh strainer. Either quick fix should be done at the last minute because the whipped cream eventually can get watery and the powdered sugar will weep if it sits for too long on top of the cake.

The rolls burned on the bottom

Perform a taste test. Using a serrated knife, slice the bottom off one of the rolls, then taste what's left. If it tastes burned, toss them. If it tastes fine, slice the bottoms off all of the rolls, arrange them in a single layer in a basket, bottoms up, and spread softened butter on the cut sides. Serve them hot and call them hot buttered rolls.

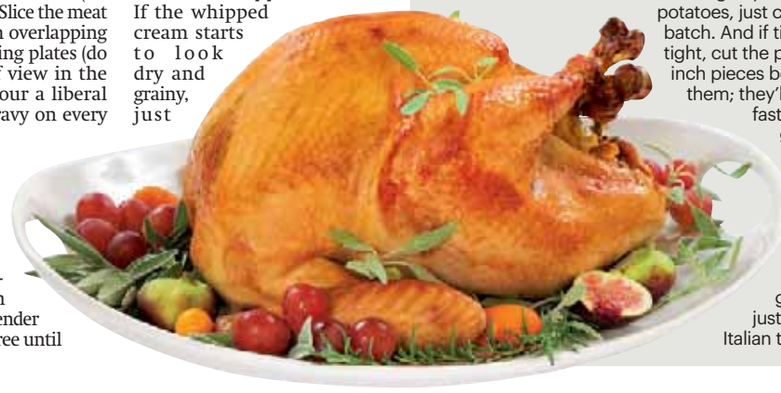
TWO MISTAKES THAT CAN'T BE FIXED

Burned food

If something is burned — not just singed or browned on the bottom — it's going to taste bad pretty much no matter what you do to it. You could try telling your guests that you smoked it, but the chances are they'll know the terrible truth. Your only real choice is to toss it out and serve more of the dishes that weren't burned. Or order out for pizza.

Over-mixed mashed potatoes

The second mistake that can't be undone — overmixed, gluey mashed potatoes. You'll need to cook up something else to absorb the gravy. If you have enough potatoes, just cook up another batch. And if time is running tight, cut the potatoes in 1/2-inch pieces before boiling them; they'll be done much faster. Alternatively, grab a box of pasta (preferably orzo or macaroni), boil it up, toss it with butter and Parmesan and tell your guests that you just felt like going Italian this holiday.



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A taste of home for Syrian families

Eating familiar food is one of the easiest ways to make people feel at home. This is a dish from Reyan, a Syrian restaurant in Toronto. TORSTAR NEWS SERVICE

CUISINE

This delicious cultural fare puts a new spin on the holidays

Theresa Albert
For Metro Canada

Newcomers to Canada from Syria are arriving; being interviewed, shuffled to new homes, and invited to Canadian spectacles (like Raptors games) within hours of arrival. So that's the welcome, now how about some comfort food? A taste of home can provide such sustenance and trigger fond memories.

Here are three foods that we Canadians can incorporate into this year's holiday table to add to the collective embrace.

Syrians serve meze rather than appetizers. The table often consists of grilled eggplant blended into a dip, fried artichokes, and cooked turnip marinated in yogurt. Olives and pita round out a mostly vegetable table meant to be shared along with conversation.

Ground lamb and bulgur combine to make kibbeh, which are meatball or sausage-shaped patties. The spices and seasonings are particular to each household but can include allspice, cumin and mint. These savoury proteins are served with a sauce made from cherries or pomegranate.

Meals sometimes end with pastries called ka'ak, which are made with semolina flour mixed into a dough and stuffed with ground dates, walnuts or pistachios.

This season is all about gathering around food, so why not try something from the plates of our new Canadians?

Theresa is an on-camera food and health expert, nutritionist and writer who loves to spread the word on food.

LIQUID ASSETS

Winter reads need a fine glass of brandy

Though great books on drink can be as difficult to find as a bottle of Barolo for under $30, 2015 has been a good year for liquid text. Here are three of my suitable for stocking stuffing favourites.

Madeline Puckette and Justin Hammack's Wine Folly: The Essential Guide to Wine ($29.37) is the Internet sensation's first attempt at hard copy. Fun, fresh and loaded with their trademark infographics, it will appeal to both the wine novice and the jaded expert.

Matt Kramer's True Taste: The Seven Essential Wine Words ($21.95) brilliantly dispels the pretentious myths of wine tasting, while, Scott McCallum and Victoria Walsh's A Field Guide to Canadian Cocktails ($20.28) is way more than the history of the Bloody Caesar.

Nothing goes better with a winter read than a warming glass of brandy. Greece's Metaxa 7 Star ($24.99-$30.10) gets its super smooth flavour thanks to the addition of some Muscat wine and a secret recipe of herb and floral extracts which sets it apart from all other non-Cognac grape spirits.

PETER ROCKWELL/METRO

SOCIAL NETWORKS

Instagram use doubled since 2013

It seems more people are taking artful pictures of what they're eating as Facebook's photo-oriented Instagram service has doubled its reach in the two years since 2013, according to a new report. A Global Web Index analysis of social media use in 2015 has discovered that 30 per cent of Internet users have Instagram, as compared to 18 per cent in 2013. Those aged between 16-24 tend to spend more time on social networks, 2.68 hours per day, though 25-34 year olds spend 2.16 hours.

AFP

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JOHANNA SCHNELLER WHAT I'M WATCHING

The subtle side of feminism

THE SHOW: Supergirl, Season 1, Episode 6 (Global/CBS)
THE MOMENT: The Anger Lesson

Snarly media mogul Cat Grant (Calista Flockhart) is schooling her sweet assistant, Kara Danvers (Melissa Benoist), on workplace behaviour. (Cat doesn't know that Cara is Supergirl, who's just learning to use her powers.) "You can't get angry at work if you're a woman," Cat cautions. "When I worked for Perry White, he once threw a chair through a window. No one batted an eye. If I threw a napkin it would be all over the news." By episode's end, Supergirl has learned to channel her rage. "I'm not afraid of my anger anymore," she says. "I can use it."

Aww. It's heartening to watch a baby feminist take her first steps. Especially at the knee of Flockhart who, in the late 1990s, played Ally McBeal, a TV It Girl whose miniskirt-feminism (or lack thereof) was much debated. Now 51, Flockhart spits seen-it-all wisdom at Kara at least once an hour. When Kara objects to the moniker Supergirl,

Cat Grant (Calista Flockhart) spits seen-it-all wisdom at Kara (Melissa Benoist) in Supergirl.

Cat replies, "I'm a girl, your boss, and powerful, rich, hot and smart. If you perceive 'girl' as anything less than excellent, isn't the real problem you?"

When Kara asks how Cat juggles it all, Cat rolls her eyes: "You learn. You can have it all, but not all at once and not right away." OK, it's wildly on the nose. But between the pair of mothers who are too hard on their daughters, and the evil alien aunt, and the female supervillains, a question keeps popping up: Why are women their own worst enemies?

That's worth asking.

Supergirl returns to Global TV Jan. 4 at 8 p.m. Watch past episodes at globaltv.com.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

CROUCHING TIGER, HIDDEN DRAGON

Yeoh reprises role in new action film

Malaysian actress Michelle Yeoh says she has been waiting many years to reprise her role in the 2000 film Crouching Tiger, Hidden Dragon.

The sequel to the supernatural martial arts film, Crouching Tiger, Hidden Dragon: Sword of Destiny, centres around the protection of a legendary sword.

It also stars Donnie Yen, Harry Shum Jr. and Jason Scott Lee.

The original was filmed in Mandarin. The sequel is in English and will be dubbed into Mandarin for its release in China.

Yeoh appeared Tuesday at an event in Beijing launching the sequel alongside director Yuen Woo-ping and Natasha Liu Bordizzo, who plays Yeoh's apprentice.

Crouching Tiger, Hidden Dragon: Sword of Destiny will be released in theatres on Feb. 8 in China and on Feb. 26 in the U.S. on Netflix and in selected theatres. THE ASSOCIATED PRESS

NEW YEAR'S EVE TELECAST

One Direction, Carrie Underwood to ring in 2016

Pentatonix, Macklemore & Ryan Lewis, Nick Jonas and OMI, Alessia Cara, will be ringing in the New Year from Hollywood, Calif., for ABC's telecast of Dick Clark's New Year's Rockin' Eve With Ryan Seacrest 2016.

One Direction is headlining the West Coast event, while Carrie Underwood is headlining the party in New York's Times Square.

The show will be telecast starting at 8 p.m. Eastern on Dec. 31. THE ASSOCIATED PRESS

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STEP INTO ANOTHER WORLD

5 (SPOILER-FREE) THINGS TO EXPECT IN THE FORCE AWAKENS

Yes, we've seen it. Metro had an early viewing of the new Star Wars movie, and it does not disappoint. Here are five things to whet your appetite for the big return to a galaxy far, far away. And don't worry, we won't be ruining it for you. We hate spoilers, too. **MIKE DONACHIE/METRO**

1 This ain't no Phantom Menace

The new movie is good. It's really good. This is J.J. Abrams' take on Star Wars, and Jar Jar Binks need not apply. It's a return to the escapist fantasy of the Star Wars universe, with no midi-chlorians. The film isn't perfect — there are discordant moments with unlikely coincidences, or general silliness — but it doesn't matter. Some purists might be left unhappy, but this deserves to be the movie event of the year. It'll make you feel like a kid again.

5 Prepare to get emotional

Great movies play with your emotions, and this is one of those great movies. There are so many laugh-out-loud moments, and some tearful ones, too. But, overall, it's just exciting as hell.
Practise those blaster and lightsaber noises now, because you're going to hear them a lot and you might as well join in. The pacing of The Force Awakens might be Abrams' greatest contribution to the franchise. He's taken George Lucas' toys and made them fun to play with again. Prepare to jump to lightspeed.

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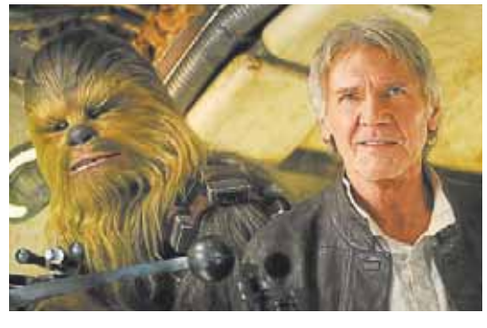
2 Yes, you will geek out

The gang's all here, and of course we know that from the trailers. But to see Han Solo and Chewbacca back in action is an absolute joy. The droids are there, too, and just as hilariously annoying. As for Luke and Leia ... just go see it. We can say no more. There are dozens of little references to the old movies, in things people do and say. There are lines to make you grin and objects to recognize, plus a ton of cool new stuff. And nothing will prepare you for the sight of the Millennium Falcon in flight again. Hearts will soar.

3 Rey is the female hero we've been waiting for

The Star Wars franchise has had a bad record with women being left in the background without many lines. This time, though, there's no gold bikini. Instead, there is Rey. Played by Daisy Ridley, this new character is the touchstone of the film. She doesn't need anyone to rescue her, and she's not hanging around waiting for the men to catch up. Rey is a capable, clever, hard-hitting young woman. She's the female character that Star Wars was missing.



4 Han Solo is your grandpa now

This guy got old. There's no attempt to hide the fact that Harrison Ford is 73. His face is lined, his movements are sometimes stiff and he talks like a man who's seen too much of life. But it's still Han, wise-cracking, blasting and cheating his way across the galaxy, and to hell with anyone who gets in his way. It's easy to see why Ford agreed to return — this role is one of the defining moments of his career.

It finally feels good to be a fan again

THE FORCE AWAKENS

Forget the recent trilogy and watch like it's 1983 again

Colin McNeil
Metro | Canada

The last time anyone was this excited about a Star Wars movie, I was 11 years old.

It was 1999 and Episode I: The Phantom Menance had just opened. I went into that theatre a young Star Wars fanatic — the proud owner of a hundred action figures, reciter of dialogue and watcher of VHS tapes. I came out disillusioned. This wasn't my Star Wars.

It looked different, felt different, sounded different.

It was the beginning of a dark time for fans — the prequel years.

I must be a slow learner, because here I am with opening night tickets to The Force Awakens, and I've already picked out my favourite Yoda shirt to wear. After guarding my heart for much of the lead-up to this new film, I admit, I've given it fully to Disney — for better or worse.

Maybe you have too. But if you're a jaded millennial fan with a voice inside that's crying out to believe all over again, don't be afraid to bring a revised version of Star Wars with you into the theater this weekend.

I want you to party like it's 1983. There are no prequels. Hell, there aren't even any special editions. Han shot first, midi-chlorians aren't a thing, and Darth Vader sure as Sith didn't build C-3PO when he was nine.

I want you to dredge up what it felt like waiting in line outside your neighbourhood Cineplex in 1999, before anyone knew what a Jar Jar Binks was and before we were mauled by flat characters and limping plot lines.

Take it a step further and walk into that theater without the weight of six films and countless TV shows, comics and books on your shoulders.

Remember what Yoda said, "Let go of everything you fear to lose," and let this new story take you where it may.

And if you're brand new to this whole Star Wars thing, now is the time to dive right in.

If we know anything about J.J. Abrams from his captaincy of the Star Trek reboot, it's that he's ready and willing to make this franchise accessible for everyone.

Welcome to the club.

Follow Colin McNeil on Twitter @McNeilColin

Let go of the disappointments of the recent Star Wars movies and watch The Force Awakens with fresh eyes. THE CANADIAN PRESS

MOVIE RATING
by Richard Crouse

Star Wars: The Force Awakens

★★★★

There's good news for Star Wars fans. The initials in director J.J. Abrams's name definitely do not stand for Jar Jar. His take on the Star Wars universe does everything the much-maligned prequels did not — that is, it focuses on character and adventure, not treaties or political dealings. The Force Awakens delivers a nostalgic blast while at the same time freshening up the series.

HOW RATING WORKS

★★★★	SEE IT
★★★	WORTHWHILE
★★	UP TO YOU
★	SKIP IT

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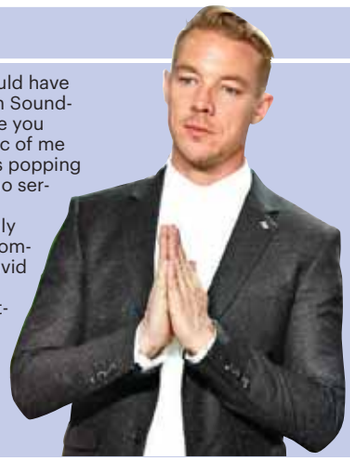
GOSSIP BRIEFS

Diplo reaches Shazam high

Shazam, the app that identifies songs you don't know, just announced who its most searched-for artist of the year is — and the honour goes to Diplo, who was Shazamed over 40 million times. The DJ's response to the news was a little baffling.

"I guess that means no one knows my music or who the f— I am since you had to Shazam me 40 million times," he posted to Facebook. "You could have just followed me on Soundcloud, it would save you some time. Also, pic of me in 2008 when I was popping in shiny suits. But no seriously thanks."

Diplo isn't the only electronica artist dominating Shazam. David Guetta is the No. 2 most Shazamed artist of all time. And the most Shazamed song ever is Avicii's Wake Me Up. EMILY LAURENCE/METRO NEW YORK



JLaw not down with Hunger Games prequels

Lionsgate recently announced plans to develop some prequels to the Hunger Games franchises because they like making money — no surprise there.

But they were probably banking on at least a little support from series star Jennifer Lawrence, even if she wouldn't necessarily take part in them. Well, they really should have checked with her first.

"That can't be true. It's too soon," she tells E! News when confronted with the development. "Screw that. No, way too soon. No support. I think it's too soon. The body's not even cold yet."

I wonder if she thinks it's too soon?

NED EHRBAR/METRO HOLLYWOOD

It's too soon!
Jennifer Lawrence

BREAKUP

No more Dahl and chain for Ruby Rose

Orange is the New Black star Ruby Rose and designer Phoebe Dahl have called off their engagement and ended their relationship, Rose announced via Twitter and Facebook.

On the bright side, it at least appears to be completely amicable. Rose and Dahl were engaged in March 2014, but the end of the relationship seems to be down to too much time apart due to work and travel.

"Phoebe remains very dear to my heart. I will forever treasure our time together," Rose posted to her Facebook page.

"I'm a better person because of the time we shared. They say, 'It's better to have loved and lost than never to have loved at all.' I'm lucky to have had the chance to love her."

Well, I mean "they" didn't say it. Alfred Lord Tennyson said it, if we're being accurate about things.

But she's going through a rough time, so I'll let it slide. This time.

NED EHRBAR/METRO HOLLYWOOD

Diane Kruger steps out with Walking Dead man

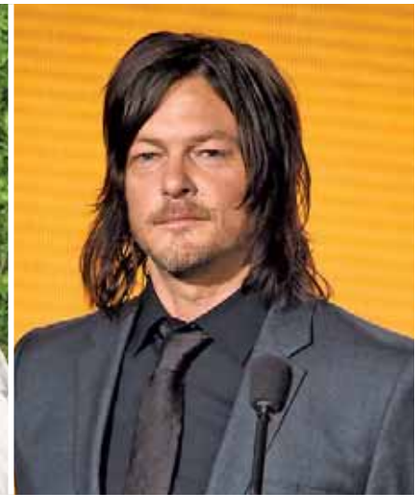
SHAKEUP

Star spotted making out with Norman Reedus in a bar

Diane Kruger is apparently a really, really big Walking Dead fan. The Inglourious Basterds star was spotted trying to go incognito with fan favourite Norman Reedus recently at the East Village's 12th Street Alehouse, but that turned out to be a rather foolish plan.

"They were both dressed very casually. Norman was wearing a hat, and Diane had barely any makeup on," an eyewitness tells Radar Online. "They ordered whiskey and immediately walked hand-in-hand to a table in the back corner."

And it's in that back corner where things got, shall we say, interesting, as the pair tore into a "high school makeout session," according to the source.



Diane Kruger and Norman Reedus. ALL PHOTOS: GETTY IMAGES

"They were on top of each other. Every time I looked over, she was on him or he was on her. They clearly thought they were incognito. They thought no one could possibly recognize them in that hole in the wall."

Turns out they were wrong. You know who'd probably be curious to hear more about this? Kruger's boyfriend of nine years, Joshua Jackson. This won't be awkward at all.

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Your essential daily news

Mercedes' 'designo manufaktur' program lets G Wagon owners individualize their SUV

The pursuit of sports car purity

THE CHECKLIST | 2016 MAZDA MX-5

THE BASICS

Type. Two-door, two-passenger, RWD, convertible sports car
Power. 155-hp, 2.0-litre I4
Transmission. 6-speed automatic, 6-speed manual
Price. Base $31,900 (plus $1,795 destination)

MIKE GOETZ/FOR METRO

COOL FEATURES

- Soft-top can be opened and closed from seating position at a stoplight
- Speakers in the headrests ensure clear audio when the top is down
- Blind spot monitoring and lane departure warning systems

POINTS

- More than 100 kg lighter than last (third) generation model, by shaving "grams" wherever possible, and by using lots of aluminum components, including hood and trunk lid
- Engine positioned close to vehicle's centre, for perfect 50:50 front-rear weight distribution
- Trunk volume increased to allow for one pair of carry-on luggage

MARKET POSITION

- Affordable, traditional, two-seat convertible sports car. Holds Guinness World Record for the best-selling two-seater sports car.
- Performance and driving enjoyment through light weight and simplicity
- Fun and sporty, but also makes a great, fuel-efficient, state-of-the-art commuter

THE COMPETITION

Mini Roadster
Base price: $31,650

Subaru BRZ
Base price: $27,395

2017 Fiat 124
Base price: TBA

REVIEW

Mazda shows how it's done with the now-lighter MX-5

Mike Goetz
For Metro Canada

You have to marvel at how devoted and careful Mazda is with the overall idea of the MX-5 (a.k.a. Miata).

For any of its three previous generation formats, and for this new, fourth-generation format, Mazda could have so easily given the little roadster more powerful engines, more elbow room, more comfy stuff, more of everything basically.

But Mazda has always maintained that the way to have sports car fun is not just about outright speed. It believes it is better to have a sports car that responds to your every command, and thoroughly connects you to the bones of the vehicle, and the contours of the road. In this way, a roadster will always "feel fast" in more driving situations. And this 2016 Mazda MX-5 is brilliantly executed in that manner.

It's more than 100 kg (180 lb) lighter than the previous MX-5, and as compact as the very first Miata.

You experience its willingness to change direction basically every time you change direction, which happens quite often when you think about it. Electric steering replaced hydraulic steering, but still provides awesome feel.

The way you sit in the vehicle, and the way you interact with all the controls, makes the MX-5's cockpit feel like no other vehicle cockpit on the road. Certainly helping matters is one of the best shifting manual gearboxes in the land, and easy-to-use controls, which seem slightly miniaturized to Miata proportions.

Cabin caveats are the Mazda console controller, which has received mixed reviews from Day 1, and the lack of interior cubbyhole volume. The cubby holes are optimized for smartphones and such — anything chunkier has to go in the trunk.

The trunk is bigger and deeper, but seems less likely to hold golf clubs, if that's a priority.

The convertible top is incredibly easy to put up and down. Effective wind deflectors, and speakers in the headrests, both help top-down motoring.

This car has less horsepower than the previous roadster, but is actually faster. A good dose of midrange torque, and that overall light weight, makes it happen. The 2.0-litre engine is based on the one in the Mazda3, but revs faster, due to a lighter flywheel. Again, it's all about balance; you don't feel the need for more power, because this level of power already delivers and then some, in this lightweight, great-handling package.

Just a final thought on the exterior design. Previous MX-5 models were kind of anti-style, or at least they didn't try too hard to look super cool. This one is trying a bit too hard, me thinks, especially around the rear haunches. But after that I got nothing. I love this car. It's currently right at the top of my Christmas list.

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*0% lease or finance available on 2015 Camry, Corolla, Yaris and Venza's for 36 months. Corolla CE manual transmission lease is semi-monthly for 60 months with $2250 down payment when you apply the $800 Lease Assist (On CE model only). Includes freight and fees, HST extra. All in Finance is Bi-weekly for 84 months when you apply the $500 Finance Assist (On Corolla LE, SE and LE Echo only). Includes freight and fees, HST extra. All in price includes freight and fees, HST extra. Rav4 FWD LE all in lease payment is Semi-monthly for 60 months with $1,950 down payment when you apply the $500 Lease Assist. Includes freight and fees, HST extra. All in Finance price is Bi-weekly for 84 months. Includes freight and fees, HST extra. All in price includes freight and fees, HST extra.

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SL AWD Premium model shown▲

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Volvo plugs into the hybrid way

THE GREEN ANGLE

Metro's weekly picks for the latest in environmental news

ENTIRE LINEUP

Plug-in hybrids will precede 2019 all-electric Volvo

The automaker has announced an electrification strategy in which plug-in hybrids will be introduced across its line. The Swedish automaker will develop an entirely new range of electrified "Twin Engine" smaller cars and build a fully electric car for sale by 2019. As part of the new strategy, Volvo expects electrified vehicles will account for up to 10 per cent of sales "in the medium term." Next will come plug-in hybrid versions of its 60 and 90 series larger cars (including the XC90, pictured at right), followed by plug-in hybrid versions of other forthcoming models. It will also introduce a new front-wheel-drive model, ahead of a new range of smaller 40 series cars designed for electrification.

TEXT AND IMAGES BY WHEELBASE MEDIA

FULLY ELECTRIC ROOF

Mini convertible pursues maximum sunshine

Mini's charismatic convertible returns for 2016 with a three-car lineup at launch, two of which will be available in North America. The new convertible sports an integrated rollover-protection system and a new fully electric roof that's quieter, more refined and retracts fully in 18 seconds, while driving at speeds up to 29 km/h. North American buyers will have two state-of-the-art gasoline engine options from which to choose: a 1.5-litre three-cylinder and a 2.0-litre four-cylinder, each with turbocharging, direct fuel injection, variable camshaft control and fully variable valve control technology. European buyers will have the option of a three-cylinder turbocharged diesel engine. Auto stop/start, which is designed to save fuel, is fitted as standard equipment in all models.

CO2 EMISSIONS

Toyota powers down on internal combustion

Toyota aims to sell 30,000 hydrogen-fuel-cell vehicles and seven million additional hybrids by 2020 as part of a sweeping environmental plan to slash carbon dioxide emissions. The Japan-based automaker targets a 90 per cent cut in average carbon-dioxide emissions by new vehicles by 2050, compared to 2010 levels, reports Automotive News. And more ambitiously, the company aims to achieve zero carbon-dioxide emissions at its factories in that same timeframe. The corporate vision reduces the traditional internal combustion engine "to just the tiniest sliver" of Toyota's total deployment by 2050. The push calls for ramping up electrified drivetrains, winding down reliance on fossil fuels and turning to renewable energy sources, especially in the form of hydrogen. The plan will make obsolete even high-efficiency hybrids such as the Prius, pictured.

ELECTRICITY SHARING

3D-printed vehicle, house can charge each other

Researchers for the United States Department of Energy have 3D-printed a small dwelling and an electric vehicle that can power each other. A team at the Oak Ridge National Laboratory in Tennessee developed the world's first "working level bi-directional power system." The building sports a flexible 3.2-kilowatt solar voltaic system — dubbed AIME (for Additive Manufacturing Integrated Energy) — paired with electric-vehicle batteries, providing renewable power generation and storage. Energy can flow in either direction between the vehicle and the house via a wireless transfer system. In one direction, the platform can charge the car battery and in the other direction, the car can power the house, explained team member Roderick Jackson.

ECO-FRIENDLY

3D printing is an environmentally conscious process because there's little or no manufacturing waste or emissions.

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‘Made in Ghana’ initiative revs up

A Kantanka car at the Apostle Safo Technology Research Centre in Gomoa Mpota, Ghana.
CHRIS STEIN/AFP

LOCAL SOURCING

Kantanka cars could put West African nation on the map

Japanese Toyotas, German Mercedes and BMWs, and GM cars and trucks from the U.S. are driven in countries around the world. But in Ghana, an inventor and church leader who started out trying to make voice-controlled television sets is telling the auto giants to move over.

Kwadwo Safo Kantanka — nicknamed the “Apostle” because he also runs a network of churches — has finally realized his dream of developing and marketing cars “Made in Ghana.”

“It’s been in the pipeline since 1971,” Kwadwo Safo Jr., one of the inventor’s sons, told AFP. “It started with the old man, so it’s been a long time coming.”

Kantanka’s range of sports utility vehicles and pickup trucks have got Ghana talking on social media, thanks in part to an advertising campaign using local movie and music stars.

The sticker price of the vehicles run from $18,000 to $35,000 — out of range for most people in Ghana. But a cheaper saloon car is expected to go on sale next year.

The locally made vehicles are entering a tough market, going up against established brands in a country that sees about 12,000 new and 100,000 second-hand cars imported every year.

But the inventor’s son, who is chief executive of the Kantanka Group, is confident the demand is there and the firm can hold its own in the competition.

“Already we have certain companies in Ghana who have come to make certain outrageous orders for huge numbers that we have to meet. So, we are working,” he said, without giving any specifics.

Buy local

Ghana’s President John Dramani Mahama has been pushing his compatriots to buy locally to boost a stuttering economy hit by inflation, a depreciating currency and high public sector debt.

In 2014, he showed off a pair of Ghana-made shoes during his annual state of the nation address and criticized the lack of appreciation of locally made goods and over-reliance on imports.

> **We must believe in the Ghanaian just like Toyotas and Hyundais.... They all started from scratch. Who knows? Kantaka could be the next Toyota.**
> Murtala Mohammed, who lives in Accra

He noted that some $1.5 billion was spent in foreign currency on items such as rice, sugar, cooking oil, tomatoes and fish — all money “which could have gone into the pockets of Ghanaian entrepreneurs,” he said.

“Any import items we buy as Ghanaians constitutes an export of jobs in this country, especially in respect of the items for which we have comparative advantage to produce,” he said at the time.

For Kantanka some key components such as glass, tires and brake callipers are imported, AFP was told on a visit to the company’s technology research centre west of Accra last year.

But local sourcing is a key component of Kantanka’s vehicles, whose radiator grilles feature Ghana’s five-pointed star emblem.

Wood from Ghanaian forests is used to make dashboards while the cream-coloured leather seats in the black SUV were made in the country’s second-biggest commercial city, Kumasi.

Akan — a language widely used in Ghana — is written alongside English on the electronics.

The road ahead

Kantanka’s son was adamant about the uniqueness of the cars, which have all been approved for safety by Ghana’s Drivers Vehicle Licensing Authority.

The Made in Ghana label means that “if you have any problems with the vehicle, you wouldn’t have to import from India or China or America. All the parts are right here and we have a 24-hour service,” he said.

Six months ago, Ghana’s police service received one of the pickup trucks, potentially paving the way for other government agencies to place orders.

Kantanka Jr. is upbeat about the way ahead.

“The future of Kantanka for the next 10 years is to try as much as possible to increase our lines,” he said.

To the current three lines, he said, “we intend to increase by next year January, February and add two more lines to it. We intend to go into more lines like buses, minivans and all that.” AFP

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3D printing shaping car production

DRIVING FORCE

Ford breaks the mould in production of tools and parts

Jil McIntosh
For Metro Canada

Engineers need parts and tools when they develop a vehicle, but if they're working on a brand-new technology, the ones they require may not yet exist. Ford tackles the problem by quickly building its own on a 3D printer.

"People come to me and want something designed for a test," says Kevin Sowles, a technologist at Ford's Beech Daly Technical Center in Michigan. "If we can't find the tool, I'll make it for them."

The item is first designed using computer-aided design (CAD) software. The digital information then goes to the appropriate 3D printer to produce the item. It's much faster than older methods, especially if more than one copy of a tool is needed. Prior to 3D printing, the method could include making a prototype, using it to produce a mould, and then finally casting the tools themselves.

Most of the tools the department makes are used exclusively for in-house vehicle testing, although it has produced prototype tools and machine parts for the final assembly line as well. When the company discontinued the F-150 pickup truck's steel body in favour of an aluminum one, the factory needed specialized tools to work with the new metal, some of which were developed in the 3D printing shop. During the process of setting up the new assembly lines, the shop could quickly reproduce a component if it broke during the preliminary test runs.

Big at auto shows

The department also makes auto parts, but only for prototypes and show cars, not for production vehicles. "We made the grille and bumper for the new F-150 for wind tunnel testing and design aids," Sowles says. "We also made the components for the 30-way power seat on the Lincoln Continental (concept car). Those concept cars you see at the auto shows have an unbelievable amount of 3D printing in them. We have a shop that's set up specifically for that."

Mark Smith, an engineering technologist at Ford, cleans off a newly made component.
COURTESY FORD MOTOR COMPANY

Keeping the 3D printing in-house is also essential to keeping the wraps on upcoming projects. "We're working on our 2019 to 2020 designs," Sowles says. "A lot of it is confidential and we don't want that out, even to our most trusted suppliers." The direct line between the 3D printing and the engineering department is also faster than sending the designs out to a third-party supplier to produce. In some cases, items can be produced from scratch within hours.

On occasion, the department does outside projects of its own, including some reproduction reptiles. "We've done some work to support community services, and we've had requests from museums," Sowles says. "We made replicas of dinosaurs that they paint and put on display, and they lock the original artifacts away."

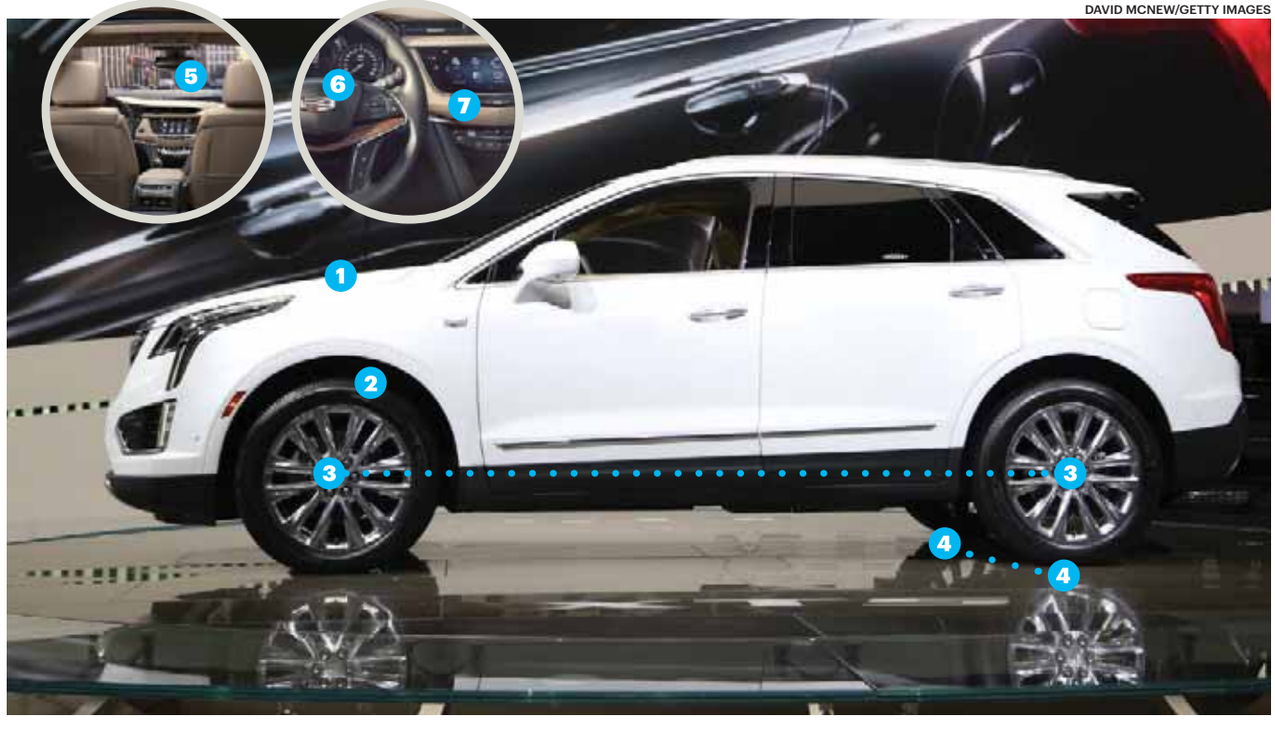
THE PROCESS

- Some parts made by the 3D process are used only for visual reference, while others must be functional, such as engine or transmission parts used in durability testing.
- 3D printing isn't unique to Ford, but various automakers use the technology differently depending on their needs.
- The department's various printers use plastic or photo-sensitive resin, or sand for casting items in metal.

Meet the 2017 Cadillac XT5

The XT5 is what Cadillac is calling the first in a new series of tall wagons. It will replace the current SRX with a larger footprint and a roomier cabin, while the weight will be cut by close to 150 kg. The big deal is likely on the inside where Cadillac is emphasizing quality materials, style and workmanship. **JEFF MELNYCHUK** WHEELBASE MEDIA

DAVID MCNEW/GETTY IMAGES



1 Engine
A new 310-horsepower 3.6-litre V6 is mated to an eight-speed automatic transmission. Engine has a four-cylinder mode.

2 AWD
New all-wheel-drive system can send 100 per cent of engine power to any one wheel.

3 Longer
Two more inches between the front and rear wheels than the SRX. With new space-friendly architecture, there's eight more centimetres of rear legroom.

4 Wider
About 2.5 more centimetres between the left and right wheels.

5 Inside
Interior panels are covered with material and stitched, rather than simply moulded from plastic.

6 Display
Screen is fully digital, from dials to gauges. Tailor the layout to show what you want.

7 Tech
An updated version of the "Cue" touch-screen as well as standard Apple CarPlay, which somewhat mimics the interface of your iPhone/iPad.

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Starting From Price for 2016 Ram 1500 Sport with Performance Hood shown: $42,135.§

Starting From Price for 2016 Jeep Cherokee Trailhawk shown: $35,540.§

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Starting From Price for 2016 Dodge Grand Caravan Crew shown: $31,640.§

Starting From Price for 2016 Dodge Journey Crossroad shown: $32,140.§

2016 DODGE JOURNEY CANADA VALUE PACKAGE
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Wise customers read the fine print: †, ◊, •, Ω, ➢, ††, ♦, ‡, », ➢, *, § The Be Your Own Santa offers are limited time offers which apply to retail deliveries of selected in-stock new and unused models purchased/leased from participating retailers on or after December 1, 2015. Offers subject to change and may be extended or changed without notice. All pricing includes freight ($1,745), air-conditioning charge (if applicable), tire levy and OMVIC fee. Pricing excludes licence, insurance, registration, any retailer administration fees, other retailer charges and other applicable fees and taxes. Financing and lease offers available to qualified customers on approved credit. Retailer order/trade may be necessary. Retailer may sell for less. †0% purchase financing for up to 72 months available on select new 2016 models to qualified customers on approved credit through RBC, Scotiabank and TD Auto Finance. Retailer order/trade may be necessary. Examples: 2016 Ram 1500 Quad Cab SXT 4x4 (25A+AGR)/2016 Cherokee North 4x4 (26J+ADE+AFB+RC3)/2016 Dodge Grand Caravan SXT (29E)/2016 Dodge Journey SXT (29E) with a Purchase Price of $29,368/$33,038/$26,323/$27,850 with a $0 down payment, financed at 0% for 60/72/72/36 months equals 130/156/156/78 bi-weekly payments of $226/$212/$169/$357 with a cost of borrowing of $0 and a total obligation of $29,368/$33,038/$26,323/$27,850. ◊$10,000 in Total Discounts is available on new 2016 Ram 1500 models (excluding Reg Cab) and consists of $7,500 in Consumer Cash Discounts, $1,500 in Ram Truck Loyalty/Conquest Bonus Cash and $1,000 Bonus Cash. See your retailer for complete details. •Up to $1,000 Holiday Bonus Cash is available until December 31, 2015, on most new 2016 Chrysler, Dodge, Jeep, Ram and FIAT models excluding the following: 2016 Chrysler 200, Dodge Grand Caravan CVP, Journey CVP/SE Plus, Durango, Charger SRT Hellcat, Challenger SRT Hellcat, Viper and Jeep Grand Cherokee models. Bonus Cash will be deducted from the negotiated price after taxes. See your retailer for complete details. ΩFinance Pull-Ahead Bonus Cash and 1% Rate Reduction is available to eligible customers on the retail purchase of select 2015/2016 Chrysler, Dodge, Jeep, Ram or FIAT models at participating retailers. LIMITED TIME OFFER. Finance Pull-Ahead Bonus Cash will be deducted from the negotiated price after taxes. 1% Rate Reduction applies on approved credit to most qualifying subvented financing transactions through RBC, TD Auto Finance & Scotiabank. 1% rate reduction cannot be used to reduce the final interest rate below 0%. Eligible customers include all original and current owners of a Chrysler, Dodge, Jeep, Ram or FIAT model with an eligible standard/subvented finance or lease contract maturing after January 1, 2015. Trade-in not required. See retailer for complete details and exclusions. ➢3.49% purchase financing for up to 96 months available on select new 2015/2016 models through RBC, Scotiabank and TD Auto Finance. Retailer order/trade may be necessary. Examples: 2016 Ram 1500 Quad Cab SXT 4x4 (25A+AGR)/2016 Jeep Cherokee Sport FWD (24A) with a Purchase Price of $29,368/$25,675 with a $998/$0 down payment, financed at 3.49% for 96 months equals 208 bi-weekly payments of $157/$142 with a cost of borrowing of $4,185/$3,788 and a total obligation of $33,553.47/$29,462.88. ††2.99% purchase financing for up to 96 months available on select new 2016 models through RBC, Scotiabank and TD Auto Finance. Retailer order/trade may be necessary. Example: 2016 Cherokee North 4x4 (26J+ADE+AFB+RC3) with a Purchase Price of $33,038 with a $0 down payment, financed at 2.99% for 96 months equals 208 bi-weekly payments of $179 with a cost of borrowing of $4,150 and a total obligation of $37,187.67. ♦Save the Freight offer applies to specially marked 2016 Jeep Cherokee North 4x4 (26J+ADE+AFB+RC3) and 2016 Jeep Cherokee Limited 4x4 (26G+AFF+AHT+RC3) models only. Offer available at participating Ontario retailers, while quantities last. ‡3.99% purchase financing for up to 96 months available on select new 2016 models through RBC, Scotiabank and TD Auto Finance. Retailer order/trade may be necessary. Examples: 2016 Dodge Grand Caravan Canada Value Package (29E)/2016 Dodge Journey Canada Value Package (22F) with a Purchase Price of $20,995/$20,150 with a $0 down payment, financed at 3.99% for 96 months equals 208 bi-weekly payments of $118/$113 with a cost of borrowing of $3,563/$3,420 and a total obligation of $24,558.35/$23,569.94. »$1,500 Ram Truck Loyalty/Conquest/Skilled Trades Bonus Cash is available on the retail purchase/lease of 2015/2016 Ram 1500 (excludes Regular Cab), 2014/2015/2016 Ram 2500/3500/Cab & Chassis, or 2015 Ram Cargo Van and is deducted from the negotiated price after taxes. Eligible customers include: 1. Current owners/lessees of a Dodge or Ram Pickup Truck or Large Van or any other manufacturer's Pickup Truck or Large Van. The vehicle must have been owned/leased by the eligible customer and registered in their name on or before December 1, 2015. Proof of ownership/lease agreement will be required. 2. Customers who are skilled tradesmen or are acquiring a skilled trade. This includes Licensed Tradesmen, Certified Journeymen or customers who have completed Apprenticeship Certification. A copy of the Trade Licence/Certification required. 3. Customers who are Baeumler Approved service providers. Proof of membership is required. Limit one $1,500 bonus cash offer per eligible truck transaction. Some conditions apply. See your retailer for complete details. ➢Non-prime financing available on select models on approved credit. 6.99% financing available on select 2015/2016 models. Financing example: 2016 Dodge Grand Caravan Canada Value Package with a Purchase Price of $20,995 financed at 6.99% over 84 months, equals 182 bi-weekly payments of $146 with a cost of borrowing of $5,614 and a total finance obligation of $26,608.53. Some conditions apply. See your retailer for complete details. *Consumer Cash Discounts are deducted from the negotiated price before taxes. §Starting From Prices for vehicles shown include Consumer Cash Discounts and do not include upgrades (e.g., paint). Upgrades available for additional cost. ∞Based on 2014 *Ward's* Middle Cross Utility segmentation. ^Based on IHS Automotive: Polk Canadian Vehicles in Operation data available as of July, 2014 for Crossover Segments as defined by FCA Canada Inc. ®Jeep is a registered trademark of FCA US LLC used under license by FCA Canada Inc. ™The SiriusXM logo is a registered trademark of SiriusXM Satellite Radio Inc.

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Correct answer to mathematical skill-testing question required. **U.S. government 5-Star Safety Ratings are part of the U.S. Department of Transportation's New Car Assessment Program (www.SaferCar.gov). +Visit onstar.ca for coverage maps, details and system limitations. Services and connectivity may vary by model and conditions. OnStar with 4G LTE connectivity is available on select vehicle models and in select markets. Customers will be able to access OnStar services only if they accept the OnStar User Terms and Privacy Statement. OnStar acts as a link to existing emergency service providers. After the trial period (if applicable), an active OnStar service plan is required. ▼Based on a 48 month lease for 2016 GMC Terrain SLE-1 AWD/ Acadia SLE-1 AWD. Annual kilometre limit of 20,000 km, $0.16 per excess kilometre. OAC by GM Financial. Monthly/Bi-weekly payments may vary depending on down payment/trade. A down payment or trade of $600/$1150 and/or $0 security deposit is required. Total obligation is $19,167/$21,852. Option to purchase at lease end is $12,886/$19,295. Excess wear and tear and km charges not included. Other lease options are available. */**/***/▼Freight & PDI, ($1,700/$1,700/$1,695), registration, air and tire levies and OMVIC fees included. Insurance, licence, PPSA, dealer fees and applicable taxes not included. Offers apply as indicated to 2015 or 2016 new or demonstrator models of the vehicle equipped as described. Offers apply to qualified retail customers in the Ontario Buick GMC Dealer Marketing Association area only (including Outaouais). Dealers are free to set individual prices. Quantities limited; dealer order or trade may be required. Limited time offers which may not be combined with other offers. GM Canada may modify, extend or terminate offers in whole or in part at any time without notice. Conditions and limitations apply. See dealer for details. **1** Offer available to qualified retail customers in Canada for vehicles delivered between December 1, 2015 and January 4, 2016. 0% purchase financing offered on approved credit by TD Auto Finance Services, Scotiabank® or RBC Royal Bank for 84 months on select new or demonstrator 2015 GMC vehicles excluding, Sierra 1500 Double Cab 2WD 1SA/Crew Cab 2WD 1SA and Siera HD 2WD 1SA. Participating lenders are subject to change. Rates from other lenders will vary. Down payment, trade and/or security deposit may be required. Monthly payment and cost of borrowing will vary depending on amount borrowed and down payment/trade. Example: $29,995 at 0% APR, the monthly payment is $357.08 for 84 months. Cost of borrowing is $0, total obligation is $29,995. Offer is unconditionally interest free. Freight, air tax ($100, if applicable), and loyalty rebate for eligible owners ($2,000, if applicable) included. Licence, insurance, registration, PPSA/movable property registry fees, applicable taxes and dealer fees not included. Dealers may sell for less. Limited time offer, which may not be combined with certain other offers. GMCL may modify, extend or terminate offers in whole or in part at any time without notice. Conditions and limitations apply. See dealer for details. ®Registered trademark of The Bank of Nova Scotia. **2** $1,000 finance cash offer is a manufacturer to dealer credit (tax exclusive) for a 2015 GMC (Sierra 1500) which is available for finance offers only and cannot be combined with special lease rates and cash purchase. **3** $10,380 is a combined total credit consisting of a $3,000 manufacturer-to-dealer delivery credit (tax exclusive) $5,195 Cash Credit (tax exclusive) available on 2015 GMC Sierra Double Cab 1SA 4WD models, $1,000 Owner Cash (tax inclusive), $750 manufacturer-to-dealer Elevation Package Discount Credit (tax exclusive) for 2015 Sierra 1SA Elevation Edition with 5.3L Engine and a $435 manufacturer-to-dealer cash credit (tax exclusive) on any 2015 GMC Sierra Elevation double cab all-wheel drive with a 5.3L engine, which is available for cash purchases only and cannot be combined with special lease and finance rates. By selecting lease or finance offers, consumers are foregoing this $5,630 credit, which will result in higher effective interest rates. Discounts vary by model. ▲Warranty based on 5-years or 160,000 km, whichever comes first. Fully transferable. See dealer for conditions and limited warranty details. Excludes Medium Duty Trucks. † Offer available to retail customers in Canada only on new 2015 & 2016 Terrain models delivered between December 11, 2015, and January 4, 2016. $500 Holiday Bonus includes HST/GST/QST/PST as applicable by province. Limited-time offer, which may not be combined with certain other consumer incentives. GM Canada may modify, extend or terminate this offer, in whole or in part, at any time without notice. See dealer for details.

metro SPORTS

Jamaican sprinter Usain Bolt will prepare for the Rio Olympics by competing at the 2016 London Anniversary Games in July

Stamkos-mania hits Toronto as Bolts visit

NHL

Speculation has Tampa Bay star signing with Leafs in 2016

Steven Stamkos returned Tuesday to the city that likes him back. In the aftermath of a furor over "liking" a tweet about the Maple Leafs pursuing him, the Tampa Bay Lightning captain came to Toronto to face the team many hockey observers have speculated could sign him this summer.

Stamkos, who grew up in neighbouring Markham, has said his actions on Twitter, recently and two summers ago, were accidental. After NBA star LeBron James went "home" to the Cleveland Cavaliers, Stamkos also liked a tweet speculating about him being hockey's version of that.

No matter the intent, Stamkos not having a contract extension with the Lightning is more than enough fuel for speculation about his future. Information about negotiations has been tightly guarded by his camp at Newport Sports and Tampa Bay management.

Stamkos has never ruled out the possibility of playing for the Leafs at some point in his career. This would be his chance.

"I'm not going to look too far into that just because I don't have a crystal ball," said Leafs forward Shawn Matthias, who was Stamkos's roommate at the 2008 world junior championship.

"I can't predict the future. He's a great player. I'm sure everybody around the league would love to play with him because he's done so much in the game already."

Stamkos has 11 goals and 11 assists in his first 31 games this season but is almost a point-a-game player in his career. In 523 NHL games, he has 287 goals and 233 assists for 520 points.

Add in the fact that Stamkos will be 26 in February, and he's due a major payday. A long-term contract worth an average of US$10.5 million per year isn't out of the question.

The elephant-in-the-room question is whether Stamkos will be paid by the Lightning or another team.

"He's scored so many goals and he's a great player," Matthias said.

> **He's done so much in the game already.**
> Maple Leafs' Shawn Matthias

"He seems like a good leader. I'm sure if you asked anyone if they would love to play with him, everyone would say, 'Yeah, of course.' He's that good of a player."

Stamkos told reporters Monday in Columbus that he doesn't let his status "creep into the (locker) room" with the Lightning.

He was named captain in the spring of 2014 after general manager Steve Yzerman traded Martin St. Louis to the New York Rangers, as the veteran winger requested.

Stamkos can insulate himself a bit in Tampa, but Tuesday brought the subject back to the forefront.

THE CANADIAN PRESS

Stamkos during practice before facing the Leafs on Tuesday
GETTY IMAGES

NHL **BERNIER BACK AS LEAFS TAKE ON LIGHTNING**
Leafs' goalie Jonathan Bernier, right, lunges to stop a shot from the Tampa Bay as teammate Dion Phaneuf (3) and Lightning's Alex Killorn look on during first period. For the result of this game go to metronews.ca FRANK GUNN/THE CANADIAN PRESS

WORLD JUNIORS

Canada down to 27 players, must cut 4

Hockey Canada has the raw materials for its junior team. Now it's time to starting putting it together.

Canada's roster of 27 players had their first practice in Imatra, Finland, on Tuesday to prepare for three pre-competition exhibition games this weekend as the coaching staff and Hockey Canada's management team evaluates who will make the final 23-player roster for the world junior hockey championship.

"I think that everyone that comes to Europe has a chance to make the team," said Ryan Jankowski, director of player personnel for the team. "The job isn't done and that's what we've got three exhibition games for, to help sort that out. That's the week where you see the foundation taking shape."

After a four-day selection camp in Toronto where four players were cut, Canada's junior team now has 15 forwards, nine defencemen and three goaltenders. THE CANADIAN PRESS

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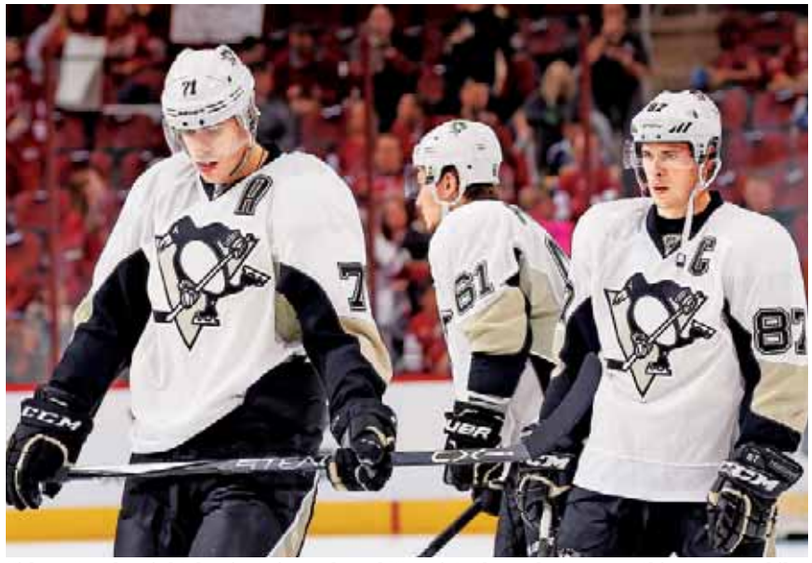
Patience short in Pittsburgh

NHL

Crosby's career scoring lows at heart of Pens' struggles



Sidney Crosby, right, has just six goals and 13 assists through 29 games this season, while his fellow star centre Evgeni Malkin has 14 goals and 13 assists. CHRISTIAN PETERSEN/GETTY IMAGES

Mike Sullivan's voice is unmistakable. Loud. Authoritative. Animated.

And, the Pittsburgh Penguins hope, an alarm clock.

One of the NHL's marquee draws is in the midst of an identity crisis more than a third of the way into the season. The Pens aren't scoring. They occasionally aren't defending and — perhaps most troubling — the magic they once summoned so easily seems to have disappeared.

"I think we're bottom of the league in goals scored this year and I'm pretty sure we shouldn't be, right?" forward Phil Kessel asked, only somewhat rhetorically.

Pittsburgh's 4-1 loss to Washington on Monday night in Sullivan's debut dropped the Penguins to 15-11-3. They remain in a tie for ninth in the Eastern Conference and are 27th in goals per game despite ranking fifth in shots. The power play littered with all-stars is 28th.

And nowhere are Pittsburgh's struggles more evident than in Sidney Crosby's prolonged funk. The two-time Hart Trophy winner is on pace for career lows in goals and points, and his team appears destined for a four-month battle just to reach the post-season.

While Sullivan doesn't believe Pittsburgh needs a massive overhaul, there are plenty of old habits he'd like to see kicked.

Several of them were evident against Washington.

While the Penguins threw 45 shots at Capitals goaltender Braden Holtby, few of them came from in close and rarely did Holtby have to deal with a black jersey in front of him. Malkin ended one shift by lazily backhanding a centring pass instead of just sending the puck around the boards. The turnover led to a two-on-one the other way.

It was an avoidable mistake, the kind Sullivan, who took over as head coach after Mike Johnston was fired over the weekend, knows it's his job to help eliminate. The last time Pittsburgh switched coaches during a season, three months later Bylsma was helping hoist the Stanley Cup. At this point, the Penguins will settle for a win at Boston on Wednesday.

"We'll focus on the process," Sullivan said. "We'll pull ourselves out of this."

THE ASSOCIATED PRESS

MORE PAIN

Penguins goalie Marc-Andre Fleury is undergoing the NHL's concussion protocol and is out indefinitely after Monday night's loss.

LUGE

Sliding shortfall in Canada

Canada's luge team is in flux heading into its home stop on the World Cup.

Veteran Sam Edney is taking the season off to heal nagging injuries accumulated over 16 years of sliding and pursue a commerce degree.

Alex Gough GETTY IMAGES

Canada's most decorated slider Alex Gough will compete in women's singles Friday in Calgary, but is racing less these days in order to study civil engineering.

Arianne Jones, who won bronze in last year's World Cup, sat out the first three World Cups this season to heal a serious back injury. Her first race of the season will be Friday at Canada Olympic Park.

The Canadians were stellar on their home track in 2014. Edney won gold, Gough and Jones took silver and bronze respectively, and the doubles team of Justin Snith and Tristan Walker collected a bronze.

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OFFICIAL PIZZA OF:

IN BRIEF

Rondo issues second apology for gay slur

Sacramento Kings guard Rajon Rondo has offered a stronger apology for directing a gay slur at veteran referee Bill Kennedy.

Rondo said Monday his actions toward Kennedy Dec. 3 were out of frustration and not meant to offend anyone.

Bill Kennedy

Rajon Rondo GETTY IMAGES

Rondo issued a statement Tuesday addressing those who saw his first statement as a non-apology.

"I want to be clear, from the bottom of my heart that I am truly sorry for what I said to Bill. There is no place on or off the court for language that disrespects anyone's sexual orientation. That is not who I am or what I believe and I will strive every day to be a better person," he said.

Kennedy told Yahoo Sports he is gay.

THE ASSOCIATED PRESS

Canadiens' Price nets Lou Marsh after stellar 2015

Montreal Canadiens goaltender Carey Price says he hasn't built a trophy room in his house yet, even if the awards are starting to pile up.

Price became the first hockey goaltender to win the Lou Marsh Trophy as Canada's top athlete on Tuesday.

Carey Price THE CANADIAN PRESS

"I was actually surprised at that because this country's had so many outstanding goaltenders, which speaks volumes of our athletic system in general," he said. "We have so many great athletes, year after year, putting up such great performances.

"To be able to top some of those is truly honouring."

Price hit career highs with 44 wins, a 1.96 goals-against average and a .933 save percentage for Montreal in the 2014-15 season.

THE CANADIAN PRESS

Tailspinning into 2016

PREMIER LEAGUE

Unprecedented poor form has Mourinho pointing fingers

Jose Mourinho's belittling post-match tirade against his team wasn't even needed to underscore the crisis that has enveloped Chelsea.

That was abundantly clear in the performance and actions of his players during a 2-1 loss to Leicester that plunged the team's title defence into further embarrassment.

There was the sight of Diego Costa — a striker seemingly more interested in picking a fight than scoring goals — confronting Chelsea's defenders and gesturing to them that they are asleep.

There was Eden Hazard flicking a dismissive hand toward Mourinho as he stormed down the tunnel with an innocuously sustained hip injury.

There was John Terry getting substituted early in the second half after another display that showed, at 35, his time might be up.

At 4-3-9 and in 16th place in the Premier League table, **Jose Mourinho has all but given up on a top-four finish for Chelsea this season.** LAURENCE GRIFFITHS/GETTY IMAGES

And then there was Cesc Fabregas, Chelsea's best distributor of the ball, lobbing a pass under no pressure straight to a Leicester player with one of his first touches as a substitute.

> **"I don't think he sees a way out of this. Something has to change.**
>
> Former Chelsea star Frank Lampard on embattled Blues manager Jose Mourinho

No wonder Mourinho wore the look of a bemused, worried man after the match as he accused his players of betraying and shaming him. His stars are woefully out of form, his team is only one point clear of the relegation zone and in the midst of the biggest-ever collapse in English soccer.

Roman Abramovich, Chelsea's billionaire Russian owner, is showing previously unseen restraint in not firing Mourinho after the team's nine losses in 16 league games this season. That is as many as Mourinho sustained total over his first two seasons since returning to the club.

Maybe qualifying for the knockout stage of the Champions League has saved Mourinho. A 2-0 win over FC Porto last week meant Chelsea topped its group and was seen by many as a potential turning point.

Clearly not.

Against Leicester, Chelsea was as sluggish as it has been all season, and it seems Mourinho has had enough. It will be interesting to see how his players react to being publicly criticized.

"I am not afraid of a big challenge," Mourinho said. "I hope Mr. Abramovich and the board want me to stay because I want to stay."

The concern for the Chelsea hierarchy will be that Mourinho has never been in this position in his coaching career.

And the last time Chelsea made such a bad start to a season — in 1978 — the team ended up being relegated.

THE ASSOCIATED PRESS

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RECIPE Orecchiette with Turkey and Broccoli

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

A full meal including greens and protein in a flavorful (and fast) pasta dish.

Ready in
Prep time: 20 minutes
Cook time: 10 minutes
Serves 4

Ingredients
- 1 box (1 lb) orecchiette
- 4 cups of broccoli florets (cut small)
- 3 Tbsp olive oil
- 1 lb ground turkey
- 4 cloves garlic, minced
- 1 onion, chopped
- 1 tsp fennel seeds
- 1/2 tsp crushed dried chilis (optional)
- 1 cup chicken stock
- 1 cup grated Parmesan cheese

Directions
1. Cook the pasta according to package instructions. Set a timer for 2 minutes before the pasta will be done — at that point you're going to toss in your broccoli.
2. Warm your olive oil in a large skillet over medium heat. Add the turkey, garlic, onion, fennel seeds and chilis. Cook for about 5 minutes, until the meat is browned.
3. Drain the pasta and broccoli and then add them to the skillet. Toss everything together. Add the stock and toss. Serve in a big bowl sprinkled with lots of Parmesan.

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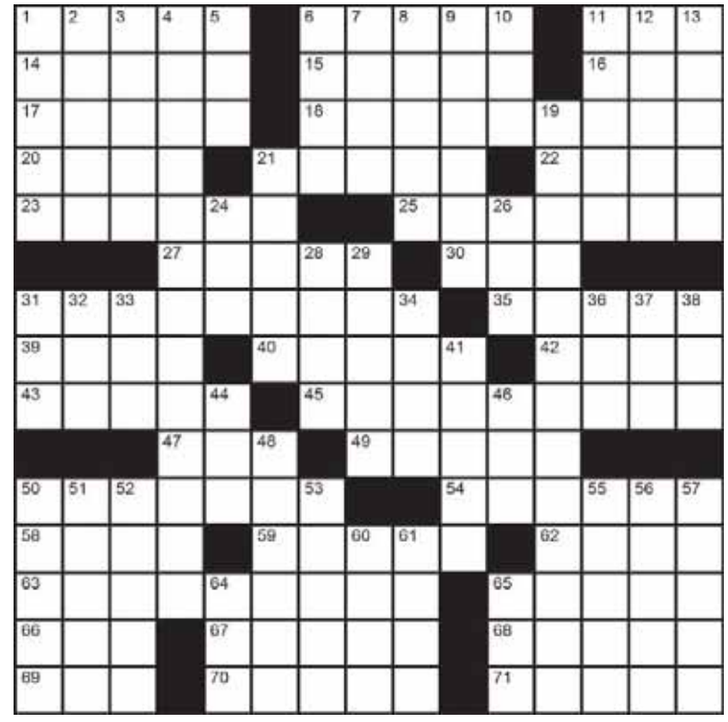
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Baby kangaroo's snug spot
6. Diminish
11. Curvy letter
14. Vietnam's capital
15. Where Khartoum is the capital city
16. "Monster-in-__" (2005)
17. Gumbo ingredients
18. Rural municipality in the Interlake area of Manitoba
20. Mr. Simon of plays
21. The Divine Comedy writer
22. Perched on
23. Involve, as an audience
25. Paint thinner, for one
27. Cancels/voids
30. Hillary Clinton __ Rodham
31. Meeting someone gesture
35. Grab __ to eat
39. Mr. Baldwin
40. "__ __ economy is always beauty." - Henry James
42. Reddish-brown
43. Copper, for one
45. Versatile
47. Ms. Long
49. Alberta village, 'Gateway to the Handhills'
50. Deadlock
54. Canadian boots company since 1910
58. Berth
59. Prices
62. "Look out!" on the golf course
63. South Pacific archipelago
65. "47 __" (2013) starring Keanu Reeves
66. Yore's 'before'
67. Latin for 'Courageous and faithful', __ et fide
68. Hoity-__
69. Guitar guru Mr. Paul
70. Writer Ms. Ferber's
71. __ _ Sketch

DOWN
1. Ring a friend
2. Like acorned trees
3. Strip the gear from a ship
4. Winnipeg company specializing in hand-poured candles: 3 wds.
5. "Tarzan and __ Mate" (1934)
6. Cruising on the ship
7. Intense gym workout feeling
8. Prospector's passages
9. Acquire/assume: 2 wds.
10. Nav. designation
11. Uplift
12. Beauty parlour
13. Used a dustpan
19. Comedian known for his Royal Canadian Air Farce work and for the hockey player character Big Bobby Clobber: 2 wds.
21. New __ (India's capital city)
24. Astronaut Mr. Grissom
26. Farm's grassy expanse
28. Ms. Turner
29. Ancient poet of Scandinavia
31. Theatre hog
32. Tavern drink
33. Web
34. __ Stanley Gardner (Perry Mason creator)
36. Payment promise
37. Beige
38. "The __" by The Doors
41. Converses
44. Fleur-de-__ [var. sp.]
46. "Macarena" by Los del __
48. Rise
50. Urge forward
51. Singer/actress Mandy
52. North and South on the globe
53. Reddish-rose dye
55. Ancient Greece column style
56. Sch. subject
57. Where Nairobi is the capital
60. Earth's crust layer
61. __, New Mexico
64. Kilt-wearer's refusal
65. Driver's path, for short

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
You will enjoy what happens today, even if others don't. The influence of Uranus in your sign makes it easier for you to accept upheavals and, while Uranus is moving retrograde, to see the positive in negative.

Taurus April 21 - May 21
Someone will find fault with what you do today. Whether or not their comments are fair is beside the point: what matters is that you ignore what they say and carry on.

Gemini May 22 - June 21
There is no point blaming yourself. What has occurred would have happened anyway, so stop beating yourself up and start focusing on things that you can influence.

Cancer June 22 - July 23
Have the confidence to try something different today, something that pushes back the boundaries of what you think of as possible. Where both money and work are concerned take chances you would usually avoid.

Leo July 24 - Aug. 23
You are brimming with confidence. The Sun's journey through Sagittarius is coming to and end but you still believe that anything is possible. And it is!

Virgo Aug. 24 - Sept. 23
The Sun in one of the more sensitive areas of your chart may dampen your plans but in a matter of days your confidence will return and you'll find there is nothing you cannot do.

Libra Sept. 24 - Oct. 23
Don't turn down a promising offer because you're not sure if you're up to the job. You would not have been approached unless people thought you could grow into it quickly.

Scorpio Oct. 24 - Nov. 22
You won't enjoy being put under pressure today but realize that the experience is not so bad. You need to make changes to your working routine and this will confirm it.

Sagittarius Nov. 23 - Dec. 21
What happens today will catch you off guard but being the flexible sort you will quickly recover and turn the situation to your advantage. The Sun in your sign will protect you from harm, so why worry?

Capricorn Dec. 22 - Jan. 20
Keep your more outrageous thoughts to yourself. It's unlikely that others will understand, still less appreciate them. Make allowances for those whose vision does not stretch as wide or as deep as your own.

Aquarius Jan. 21 - Feb. 19
You tend to hang back when you should be pushing your way to the front of the queue. Today will make it easier for you to get noticed — so make the effort.

Pisces Feb. 20 - March 20
If something out of the ordinary occurs don't take it seriously or personally. Sometimes things happen for no apparent reason and there is no point getting worked up about it.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

5			6	9	7			8
		3				6		
	9				5		4	
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7	6	1	5	4	2	8	9	3
6	4	9	2	1	7	3	5	8
5	7	2	3	8	4	9	6	1
3	1	8	9	6	5	7	4	2
1	5	6	4	3	8	2	7	9
4	9	3	7	2	6	1	8	5
8	2	7	1	5	9	6	3	4

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2016 SPORTAGE

Sportage SX Luxury shown‡

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2016 FORTE LX MT

Forte SX AT shown‡

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Offer(s) available on select new 2015/2016 models through participating dealers to qualified retail customers who take delivery from December 14, 2015 to January 4, 2016. Dealers may sell or lease for less. Some conditions apply. See dealer for complete details. Vehicles shown may include optional accessories and upgrades available at extra cost. All offers are subject to change without notice. All pricing and payments include delivery and destination fees up to $1,715, $5 OMVIC fee, $29 tire fee, and $100 A/C charge (where applicable). Excludes other taxes, licensing, PPSA, registration, insurance, variable dealer administration fees, fuel-fill charges up to $100, and down payment (if applicable and unless otherwise specified). Other lease and financing options also available. ◊0% financing for up to 84 months or up to $7,000 discount available on other select 2015/2016 models. Discount is deducted from the negotiated purchase/lease price before taxes. Maximum $7,000 discount ($6,000 cash discounts and $1,000 ECO-Credit) is offered on 2015 Optima Hybrid LX (OP74AF) only. $1,000 ECO-credit is offered on all 2016 Optima Hybrid models. Certain conditions apply. See your dealer for complete details. **Representative Financing Example:** Financing offer available on approved credit (OAC), on a new 2016 Sportage LX MT FWD (SP551G) with a selling price of $24,844 is based on monthly payments of $284 for 84 months at 0% with a $0 down payment and first monthly payment due at finance inception. Offer also includes $1,000 discount (loan credit). Other taxes, registration, insurance and licensing fees are excluded. †"Don't Pay For 90 Days" on all models (90-day payment deferral) applies to purchase financing offers on all new 2015/2016 models on approved credit. No interest will accrue during the first 60 days of the finance contract. After this period, interest starts to accrue and the purchaser will repay the principal interest monthly over the term of the contract. Offer ends January 4, 2016. ‡**Cash Purchase Price** for the new 2015 Optima LX AT (OP742F)/2015 Optima Hybrid LX (OP744F) is $20,964/$24,764 and includes a cash discount of $5,500/$7,000 including $6,000 cash discounts and $1,000 ECO-Credit. Dealer may sell for less. Other taxes, registration, insurance and licensing fees are excluded. Cash discounts vary by model and trim and are deducted from the negotiated selling price before taxes. Ω**Representative Leasing Example:** Lease offer available on approved credit (OAC), on the 2016 Forte Sedan LX MT (F0541G) with a selling price of $17,564 is based on monthly payments of $148 for 60 months at 0%, with $0 security deposit, $1,300 discounts (lease credit), $750 down payment and first monthly payment due at lease inception. Total lease obligation $8,853 with the option to purchase at the end of the term for $6,661. Lease has 16,000 km/yr allowance (other packages available and $0.12/km for excess kilometres). #No charge AWD applicable on cash purchase of 2016 Sportage LX AT AWD (SP755G)/2016 Sportage EX AT AWD (SP755G)/2016 Sorento LX 2.4L AWD (SR75BG)/2016 Sorento LX + Turbo AWD (SR75DG) with an approx. value of $2,300/$2,400/$3,000 ($2,000 AWD credit and $1,000 in discounts)/$2,000 respectively. Some conditions apply. See dealer for details. ˆOpen to Canadian residents who have reached the age of majority in their province or territory of residence who take a test drive at a Canadian Kia dealership between November 3, 2015 and January 4, 2016. 10 weekly prizes of a $3,000 itravel2000 voucher available. Plus one $100 travel voucher per eligible test drive. Limit of one entry/test drive voucher per person. No purchase necessary. Skill testing question required. Some conditions apply. Go to kia.ca for complete details. **$500/$750 Holiday Bonus amounts are offered on 2016 Forte (Sedan, Koup and 5-door), 2015 Soul, 2016 Soul/2015 Optima, 2016 Sportage models and are deducted from the negotiated cash purchase, finance or lease price before taxes. Offer available from December 14, 2015 to January 4, 2016 only while supplies last. Certain conditions apply. ΩΩLease payments must be made on a monthly or bi-weekly basis but cannot be made on a weekly basis. Weekly lease payments are for advertising purposes only. ‡Model shown Manufacturer Suggested Retail Price for 2016 Sportage SX Luxury (SP759G)/2016 Forte SX AT (F0748G)/2015 Optima SX AT Turbo (OP748F) is $38,495/$26,695/$34,895. The 2015 Optima was awarded the 2015 Top Safety Pick by the Insurance Institute for Highway Safety (IIHS) for model year 2015. U.S. models tested. Visit www.iihs.org for full details. Government 5-Star Safety Ratings are part of the National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program (www.SaferCar.gov). Information in this advertisement is believed to be accurate at the time of printing. For more information on our 5-year warranty coverage, visit kia.ca or call us at 1-877-542-2886. Kia is a trademark of Kia Motors Corporation.